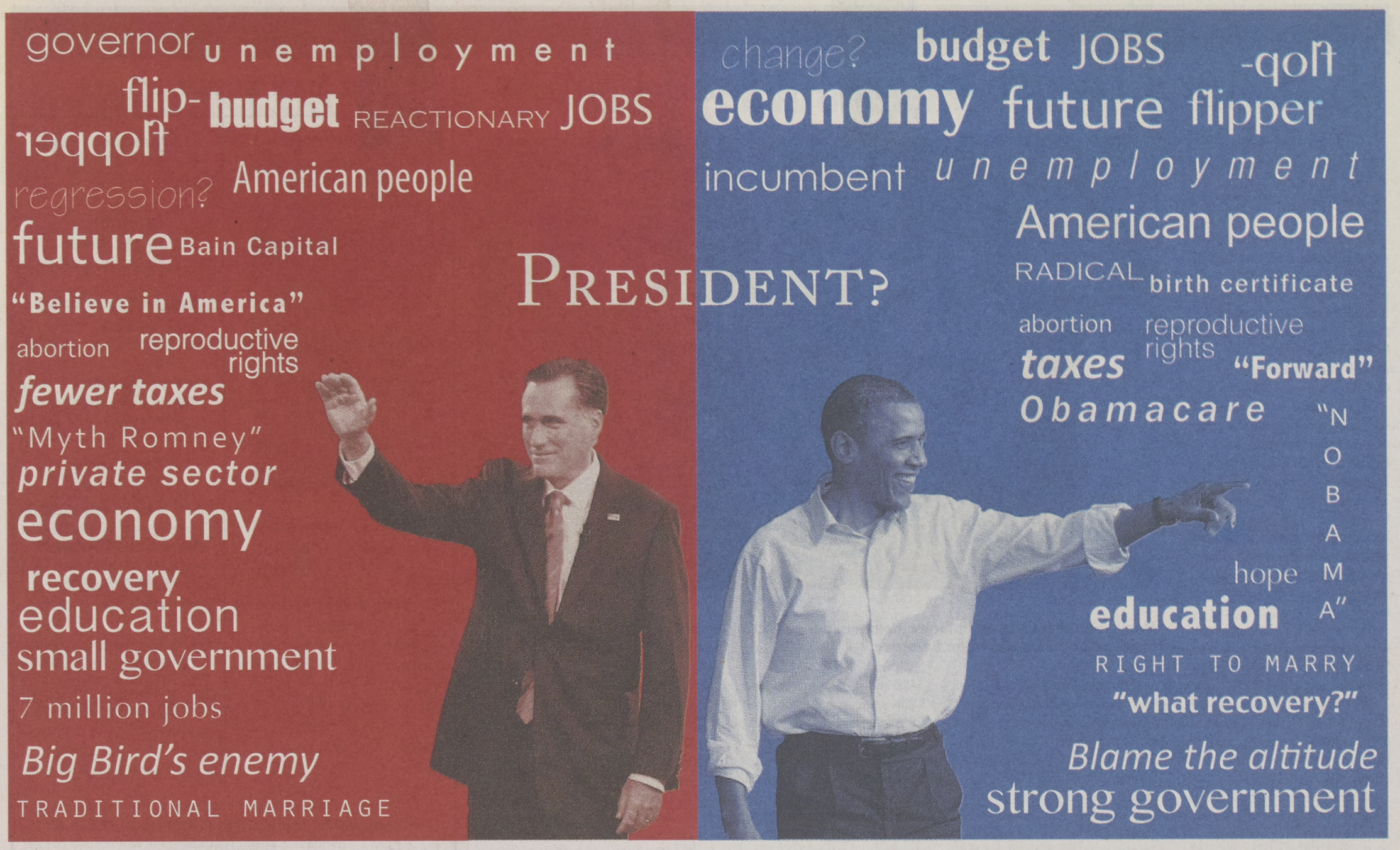


The State Hornet

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Regardless of who won the election, he has a lot of work ahead of him in order to bring our country back together.
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Sacramento State professor dies in his sleep

Communications studies department teacher passed away last week, cause unknown

By Camille Anglo
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Revered Sacramento State communications studies professor Nick Trujillo, 56, died in his sleep Oct. 29.

Trujillo, a professor at Sac State since 1990, was seen as an excellent instructor and person.

Communications studies professor and department chair Steven Buss said the death of Trujillo was a shock to him and many of his colleagues.

"He seemed so healthy," Buss said. "We had no idea he had any medical condition or any history of medical conditions. He seemed very athletic and fit - nothing seemed to match up."

Buss, who was a fairly close colleague to Trujillo, said his loss is strongly felt in the department.

"Students love him," Buss said. "He was conscientious, full of energy, hard working, smart (and) very creative. He was an excellent instructor and excellent human being. It's been a major loss for all of our students and of ourselves."

Buss also said many of Trujillo's students have stopped by to speak to him in disbelief at their professor's passing.

"It's one of those things where it's such a shock that they want to talk to somebody that will tell them whether it's true or not, or a rumor," Buss said. "The only thing we know is that the death was unexpected and sudden and, as far as we know, he died peacefully."

Retired Sac State communications studies professor Michael Fitzgerald said Trujillo always made sure to teach his class to the best of his ability and was always open to his students' opinions.

"He was exemplary because he stayed on top of his things, kept his classes fresh - (with) new material all the time - and listened to his students," Fitzgerald said. "He liked students. He thought their ideas were always welcome."

A multi-faceted person, Trujillo was not just a teacher who loved to teach, but he devoted time to raise cancer awareness after the death of his wife, former communications studies professor Leah Vande Berg, from ovarian cancer in 2004.

Trujillo's former student, Minh Kevin Tran, said he spoke about his wife's strength and how it encouraged him to embrace life after her passing.

"He would often tell us his story about how his wife, Leah, struggled with cancer and how strong she was about facing death

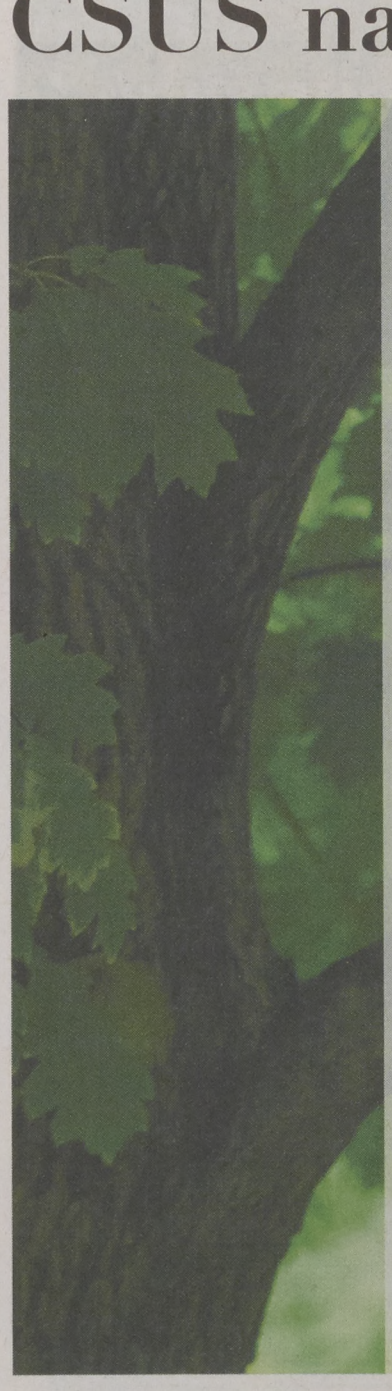
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YouTube user Nictruj

Sacramento State communications studies department professor Nick Trujillo, who taught several public relations and communications classes on campus, died in his sleep on Oct. 29. The cause for his death is still unknown.

CSUS named Tree Campus USA



By Leticia Lopez
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The Arbor Day Foundation named Sacramento State a Tree Campus USA for its commitment of effectively managing the trees on campus.

Tree Campus USA is a program that recognizes universities and colleges in the United States for their preserved campus trees, their connection with the community to grow healthy forests in the area, their effort to engage their students in the process and for meeting the five standards.

Sac State earned the name by meeting the five Tree Campus USA requirements, which includes a campus tree advisory committee, a campus tree care plan, a campus tree program with dedicated annual expenditures, an Arbor Day observance and the opportunity for students to engage in a service learning project.

Sean Barry, director of media relations from the Arbor Day Foundation, said the program was founded in 2008 by the Arbor Day Foundation with support from Toyota. The program's goal is to help "grow the next generation of environmental stewards" by giving students and staff the chance to participate in hands-on planting and conservation activities.

"We believe that young people become most invested in the environment and their surroundings when they roll up their sleeves and get dirt under their fingernails," Barry said. "We also have seen that young people across the country really want to volunteer and give back to their community, and Tree Campus USA offers one way for them to do that on their own campuses."

The program recognized five California college campuses as Tree Campus USA in 2011, and Sac State is the sixth campus to be recognized this year.

Robert Anchor, manager of the university's grounds and landscape services, said Sac State has an ongoing maintenance program that has helped preserve the trees on campus, especially the ones that have been standing for years after the university first opened.

"We have certain money set aside to maintain the trees by outside contractors and by our maintenance department," Anchor said. "The maintenance program we've had over the years has gone a long way to keep the trees in good shape as they are now."

There are approximately 3,500 trees on campus and more than 400 species, said Anchor.

The idea to have Sac State recognized by the Arbor Day Foundation started with a seed that grew into a goal by senior biological sciences major Jasmine Greer.

The process started earlier in the year when Greer teamed up with the campus facilities services, the biology department, the Sacramento Tree Foundation, and student organizations including the Field Biology Group and the Environmental Student Organization to form a tree advisory committee.

Together, they completed the application for Tree Campus USA, which required the creation of a tree care plan by Sac State and its participation in the Arbor Day observance. Greer said the tree advisory committee and student volunteers planted a Paperbark Maple tree provided by the Sacramento Tree Foundation in front of the Library Quad on April 7 as part of the Arbor Day observance.

Greer said it was important for Sac State to be named Tree Campus USA because of its "stewardship of beautiful trees," the legacy of tree planting and the years of hard work to maintain and expand the trees on campus.

"Sacramento is a city of trees; it is only appropriate that our state college, which contributes greatly to the urban forest, (be) recognized as a Tree Campus USA," Greer said. "The number and diversity of trees on our campus is very impressive and sets us apart from other CSU campuses, especially because we have an arboretum."

see Environment | page A3

Peak Adventures piques interests

By William Miles
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While many Sacramento State student jobs involve filing paperwork or providing technical assistance to professors, students working for Peak Adventures are leading white-water rafting, mountain biking and hiking trips at some of Northern California and Nevada's most scenic outdoor locations.

The nonprofit program located in The Well provides dozens of outdoor treks, a challenging ropes course on campus and a full service-bike shop for Sac State and the surrounding community for an extremely low rate, said Meredith Budlong, operations specialist at Peak Adventures.

All of these services have a number of people working behind the scenes to make them successful.

Budlong, a first year administration management graduate student and University of North Carolina Greensboro alumna, said she entered a phase after graduating where she didn't have a job and was looking for a career that involved her passion for the outdoors.

"This is what I knew I wanted to do when I decided to major in recreation," Budlong said. She found that Peak Adventures was the exact job she was looking for because it matched her desire to work with college students in an outdoor environment.

Budlong does a lot of behind the scenes work for the program including organizing and scheduling trips, and while she hasn't led any trips this year, she has been on some of their trips as a customer.

Recreation, parks and tourism administration senior John Pistotti said he has worked at Peak Adventures for more than three years and said Peak Adventures' goal is to provide students with a way to enjoy the outdoors without having to spend a fortune.

"I like to think Peak Adventures is all about providing students with the opportunity to do amazing things with their college experience," Pistotti said. "Because Associated Students Inc. subsidizes Peak Adventures, the costs for students to attend their trips are very low."

Budlong said many of their trips provide transportation to the destination and provide most of the essential gear such as backpacks, sleeping bags and tents. Some of the food costs for

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My Sister's House offers help and safety

By Leticia Lopez
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Lauren Gaughan - State Hornet

Many volunteers and community members supported My Sister's House and ran a 5K at the Run for a Safe Haven on Saturday.

Sacramento State students volunteered their time and energy to support My Sister's House, a private nonprofit organization that serves the needs of Asian and Pacific Islander women impacted by domestic violence, at the ninth annual "Run for a Safe Haven" on Oct. 27.

My Sister's House provides services outreach to survivors of domestic violence and human trafficking, and educates about the topic to the general public. The organization offers a twenty four seven multilingual helpline, a legal program that helps survivors understand their rights in term such as custody of their children and pressing charges against their abuser.

My Sister's House is partnered with a program called Women to Work, which puts the survivors of trafficking and abuse back to work.

The director of My Sister's House, Jessica Heskin, said because of the cultural difference and barrier, domestic violence is not openly discussed.

According to the website for the Collective Action for Non Violence Around Storytelling, two studies showed Asian women tolerate intimate partner violence because they think it was their fault to be mistreated. Since the Asian culture expects the women to be obedient to their husbands, the women have to deal with the violence and create a flawless public image in order to be accepted by the community.

Nursing senior Shalni Kumar said she has been volunteering for My Sister's House for two years because she thinks the program is helpful for Asian and Pacific Islander women who are victims of violence and human trafficking. As a volunteer, she helps get the word out about the cause by informing other students about it, especially if they know someone who is being hurt by their partner.

"I think their mission statement is excellent and the fact that they are able to come out in the community and basically raise awareness for the Asian (and) Pacific Islander community," Kumar said. "It's a great cause and students at Sac State or students in general should get more involved with the community to increase their knowledge of what's going on." Kumar said.

Heskin shared some insight into the cultural aspects of domestic abuse within these two cultures.

"Women raised in these cultures have a difficult time calling out for help because they are taught they have to obey their husbands," Heskin said. "Therefore, they don't get the help they need and are likely to risk their lives to stay with the abuser."

Candice Gniech, a senior nursing major, said she knows about domestic abuse within these two cultures.

"Even a couple years ago, people didn't talk about domestic abuse within the Pacific Islander and Asian communities," Gniech said.

Senior nursing student Jennifer Crittendon, who attended the "Run for a Safe Haven" said she believes in what this organization stands for. Crittendon said she started donating clothes to My Sister's House four months ago because she loves how they distribute everything directly within the organization to the women and children in need of them.

Some of the students who were working for the Health and Wellness booth gave advice about how to help someone you know who may be being abused by their partner.

"I would let her know there are resources out there," senior nursing major Alex Chu said. "For instance, Jessica Heskin is a woman on campus who works in The Well that knows about cultural differences and organizations that could help a student."

Chu also added what not to say to a victim confiding in her about abuse.

"I would never tell someone I know exactly what you're going through, because I don't," Chu said.

Although My Sister's house offers help to women, Kumar said men who are in an abusive relationship can also educate themselves to prevent being violent to their partners.

"Men can help in regards to domestic violence as well by educating themselves and others on what domestic violence is in general and helping others recognize what a health relationship consists of," Kumar said. "Many people that grew up around that domestic violence environment think that they are supposed to treat their significant other that way. Those people need to see what a healthy relationship looks like. That will create awareness."

For more information, visit my-sisters-house.org or call 916-428-7378.

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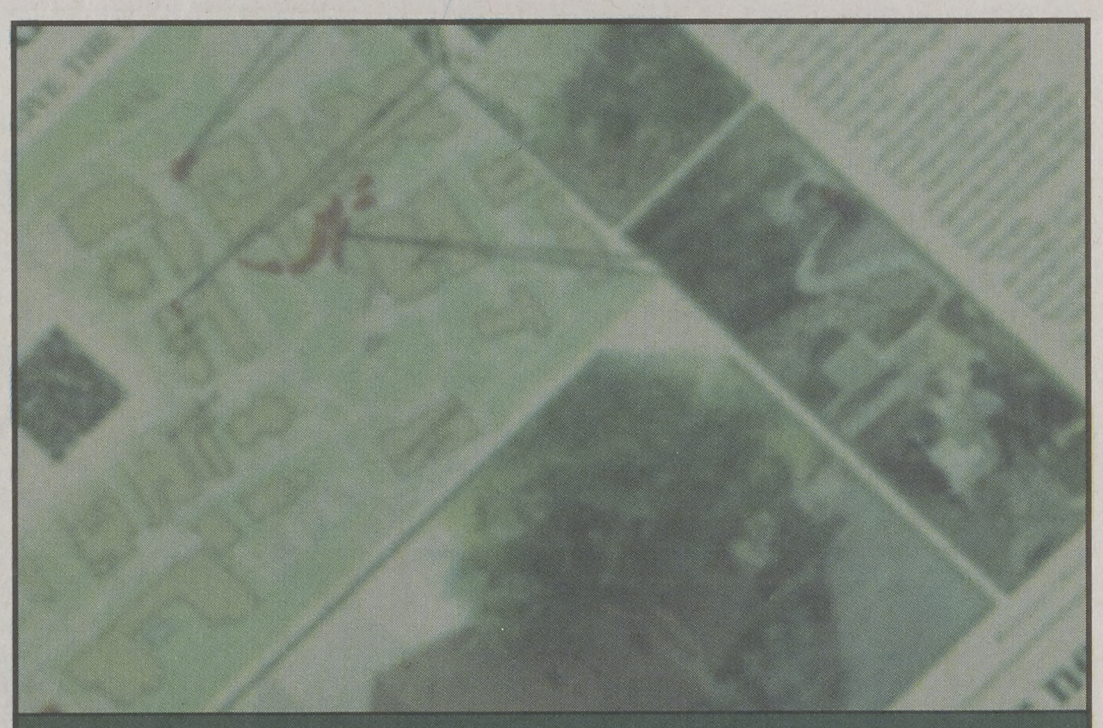
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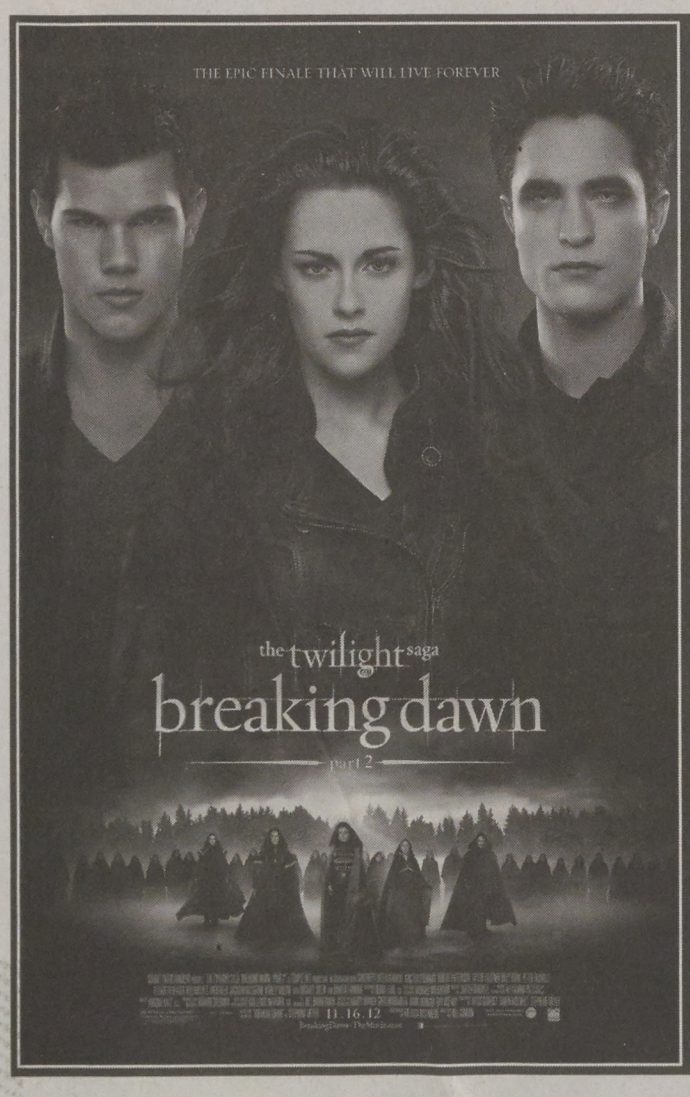
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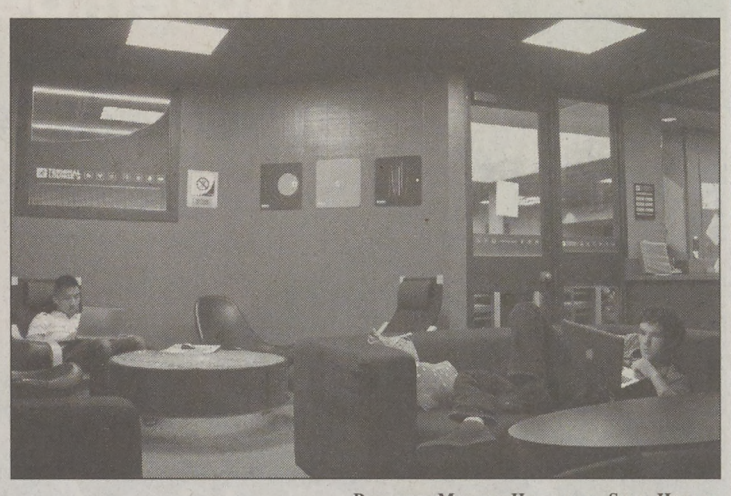
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Terminal Lounge is upbeat place to find a groove, relax

By Jackie Everhart
jme268@saclink.csus.edu



Photos by Michael Hemenway - State Hornet

Located on the second floor of the Union, the Terminal Lounge is where students can listen to music or watch videos.

With all the hard work students put into school, having somewhere to relax and listen to music on campus is a great escape from the hectic life of a college student.

Sacramento State offers this getaway right in the University Union. The Terminal Lounge is a place for students to escape the bustling noises of school and enter a serene environment enhanced with music.

"I can just read without having to listen to the chaos that's outside and everywhere else," said Micaella Johnson, a junior psychology major. "There are not a lot of visual distractions; it's just somewhere I can chill out before my class."

The Terminal Lounge has a main room colored in red with a TV mounted on the wall that plays music videos throughout the day. It also offers rooms to rent for an hour or as long as your CD is; you can stay longer if there are no other students in line to use the rooms.

The lounge provides speakers for students to plug in their headphones and get lost in their music while they are relaxing. It also provides Apple TVs so students can watch their favorite music videos. Students will come to play games as well, said Rebecca Balarie, a senior gerontology major who works at the Terminal Lounge.

Students often take naps in these rooms or come in to rest on the bean bag chairs, Balarie said. She recently packed 10 students into one of the rooms to relax.

"It's more like being at home" and the chairs are more comfortable at the Terminal Lounge as well, Johnson said. Being in the Library feels like she is in an office. The Terminal Lounge just feels more comfortable.

Before students can take advantage of this hideaway, they must learn the rules. The first is showing your One Card. You cannot present your driver's license or residence hall card if you have one, Balarie said. This is to ensure the student-funded room is only available to students on campus. It comes right out of the school's pocket so paying for the services up front is not required.



Students are not allowed to eat or drink in the Terminal Lounge either, said Steven Morse, a senior government journalism major. So when you are chowing down on a cheesy pizza from Round Table, make sure to check it at the door.

Students must also remember music should not be so loud to the point where it will disturb students around you, Morse said.

Users are required to listen to music in the facility, Balarie said. Because it is a music-oriented environment, students must be listening to something, whether they are hanging out in the main room or taking a nap in one of the other rooms.

Johnson goes to the Terminal Lounge alone because it offers a quiet atmosphere with little to no talking to disrupt the silence.

"Usually I sit in here and read on my Kindle and just soak in the quiet and the relaxation," Johnson said.

The Terminal Lounge has been getting a lot of attention this semester, Balarie said. "It has become a hang out spot."

She is not sure what caused its spike in popularity. It could be from the curious freshmen or the seniors who pass by the room and admit they did not know it existed. She said it might have something to do with the impact the University Union's Phlagle-blast event had on students this semester, where students had to get a stamp card filled out by each facility offered in the University Union in order to enter a drawing.

Students can take advantage of the Terminal Lounge by visiting the second floor of the University Union.

Environment: Campus honored due to conservational efforts

Continued | page A1

The trees surrounding the campus offer more than scenery because they can provide cool shade during the hot weather, said Anchor.

"Having the trees in close proximity of the buildings is a very good energy savings ability, (because) trees provide the shade for the buildings," Anchor said.

Greer said the campus trees represent a "wonderful, largely untapped resource" for campus-wide engagement and education that can be used by the community as an educational tool. Students from Sac State, middle schools and high schools can also take advantage of the trees to learn about the tree species and plants, said Anchor.

"It's a learning garden - the arboretum is a classroom setting even for off campus classes like elementary schools and junior high kids that come and tour the campus," Anchor said.

Greer said she feels grateful for Sac State being named a Tree Campus USA and she is glad to have been part of the initiative.

"I am just one component of the Tree Advisory Committee; this would not have happened without the support and expertise of Bob Anchor and Daryn Ockey in Facilities Services; Dr. Baad, the director of the university arboretum; Dr. Ron Coleman in Biological Sciences; and the Sacramento Tree Foundation," Greer said.

The students in the Environmental Student Organization volunteered to help conduct the Tree Campus Summit that will occur on Nov. 14 from 1:30 to 4 p.m. in the Library Quad, Greer said. It will be a presentation made by the Arbor Day Foundation and the California Department of Forestry and Fire Protection representatives as they recognize Sac State as a Tree Campus USA.

"We've always been proud of our trees. It's a major heritage item here on campus," Anchor said. "It's one of the main reasons students like to go here because of the beautiful urban forest we have. I think one of the main advantages of being a Tree Campus USA is we put into place procedures for the trees that are going to insure the trees are going to be healthy for years to come."

Teacher: Students, colleagues mourn passing of professor

Continued | page A1

until the very end," Tran said. "If she can be strong about that, then there's nothing he should be afraid of facing."

Tran said he found Trujillo's story about his wife to be influential and his words of encouragement will always help him get through difficult times in his life.

"Seeing his wife like that gave (Trujillo) the will to live life to the fullest," Tran said. "I'll always remember what he said when I face my fear and challenges. It helped me through a lot ever since I met him."

Not to be constricted to just teaching, Trujillo ventured into writing and published a book about the death of his wife, "Cancer and Death: A Love Story." Trujillo also created an alter-ego musician named "Gory Bateson."

Fitzgerald said Trujillo's Gory Bateson was an example of just how talented he was.

"All of his songs were great," Fitzgerald said. "His creation of Gory as a kind of media/viral media experiment was characteristic of his innovation. Unfortunately many of our colleagues thought he was a showboat and didn't understand how creative he was. Being too creative in a university can hurt faculty - even though it shouldn't."

Tran said Trujillo often spoke of his wife and she was the direct influence of Gory Bateson.

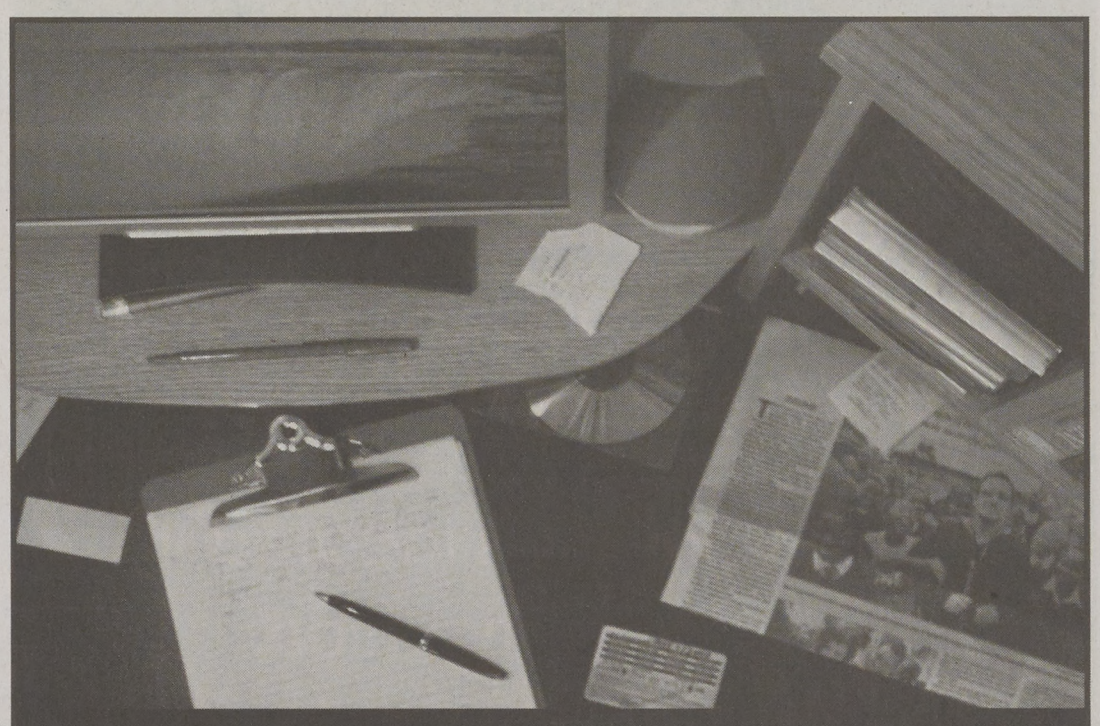
"He said, 'Just seeing (my wife) made me realize that you can't be afraid to live life,'" Tran said. "'Don't be afraid of living your dream. Get out there and do it no matter what people will say.'"

Fitzgerald, who knew Trujillo since the 1990s, said he remembers Trujillo as someone that could respect his colleagues, but also knew when to question authority.

"I once watched professor Trujillo in a heated debate with faculty members in a meeting," Fitzgerald said. "The next day, he played golf with the same bunch and had a great time. He could separate out the professional and personal in a way that was refreshing."

Fitzgerald said he will always remember Trujillo to be a "what you see is what you get" type of person who spoke his mind and - most of all - someone who always spoke the truth.

"You never really had to wonder what he was thinking about a situation - he would offer it up," Fitzgerald said. "Sometimes some colleagues and administrators wanted him to be more diplomatic. I found him refreshing. Sometimes annoying, sure, but always honest."



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Student Fashion Association brought fashion to the future

By Leticia Lopez
ll2324@saclink.csus.edu



Lauren Gaughan - State Hornet

A model wears a piece from Sac State student Lacey Taylor's collection at the Future of Design Show in the University Ballroom Saturday night.

Sacramento State's Student Fashion Association transported attendees to the future by way of the Design Charity Fashion Show at the University Ballroom on Saturday.

The Future by Design Charity Fashion Show featured student designers from many schools such as Sac State, American River College and San Joaquin Delta College. All designers showcased creations beyond our time.

The fashion show contributed to charities such as the nonprofit organization My Sister's House, which provides help for women and children domestic violence victims in the Asian and Pacific Islander community. The show also contributed to the Volunteer Center of Sacramento, an organization that gives a brighter future for the youth in the Sacramento area.

Blue lights lit the runway while silver cones and panels served as decor on both sides of it where two flowers resembled galactic stars.

Silver jewelry, metallic fabric, rhinestones, sequins and glitter adorned the clothing that was reminiscent of the futuristic and space-age style of movies such as "Men in Black" and "Star Wars."

Apparel marketing and design senior and president of the Student Fashion Association, Nai Saeteurn, said the futuristic theme for the fashion show was a collaboration of ideas from the club's members.

"Last semester we went retro so we (agreed) - let's do the opposite; let's go into the future," Saeteurn said. "We decided upon that and thought it would be interesting."

Futuristic films influenced the theme, said Saeteurn.

"I was thinking about the 'Men in Black' theme, and 'Total Recall,'" Saeteurn said. "I was just thinking aliens - kind of extraterrestrial. It was a great idea."

Each semester, the Student Fashion Association chooses charities to support whenever they host a fashion show.

"We like to collaborate with the community and with charities," Saeteurn said. "This semester we chose My Sister's House and the Volunteer Center of Sacramento. It's a charity fundraiser so a portion of our proceeds will go toward charity."

There were seven student designers and each had two to three months to work on their designs after their application to participate was approved said Saeteurn.

Kyle Gajeton is a fashion design and merchandising major at San Joaquin Delta College in Stockton. Gajeton said he became involved at the Future by Design Fashion Show at Sac State because he contacted the Student Fashion Association to see if designers from other colleges could be part of the show.

Gajeton said he submitted a design application and was approved. Gajeton created nine futuristic designs for his collection that were inspired by what the future may have in store for us.

"My collection was just inspired by the future - looking up to the stars and knowing we're all a part of a larger universe," Gajeton said. "This collection is just my way of deciphering the future and what's in store for us."

Gajeton's collection included silver chains, earrings, and purple, grey and metallic fabrics. The models wore Gajeton's designs that showed his inspiration. The purple skirts and dresses looked like the night sky and the touch of metallic fabric and jewelry gave the illusion of stars.

The models' makeup was bold with silver eyeshadow, black eyeliner and magenta lipstick. Their hair was styled in a slick bun that resembled Queen Padmé Amidala from "Star Wars."

Kathy Vang's collection consisted of dresses in gemstone colors such as ruby red, emerald, silver and purple. The dresses were long and had detailed necklines with sequins, and the models' hair were curly with a front-side braid similar to Padmé Amidala in "Star Wars: Episode II."

The Article Consignment Boutique also showcased its own designs, which included blazers for men and women, long sequined dresses, leggings with rhinestones and a shoulder dress with puffy sleeves. The models wore blue glitter lipstick, white eyeshadow on their eyes, temples and nose bridge and some had their hair styled in a bouffant ponytail or in a bun.

During the intermission, audience members volunteered to strut and pose for a runway competition. The person who received the loudest applause would win any prize they chose, such as a T-shirt from a local boutique, a Student Fashion Association gift bag or a gift card for a free massage.

Not all the designs were about the future, but were a mixture of the past and present.

Designer Lacey Taylor created designs inspired by the 1950s and her clothing line-up began after a 1950s jazz rhythm played. Taylor's designs included long skirts, full skirts, pencil skirts, pearl necklaces, blouses with the Peter Pan collar, and colorful and floral fabrics. The models wore black eyeliner and red lipstick as their makeup, and some had their hair in curls.

Nutrition and food senior Nga Phan said she liked the different styles from each designer.

"I thought it was...great. Each of them has a different theme to it (and) in the way they used the colors and put it together," Phan said. "I really liked Kathy Vang's (collection); I really liked how she (combined) jewelry with it."

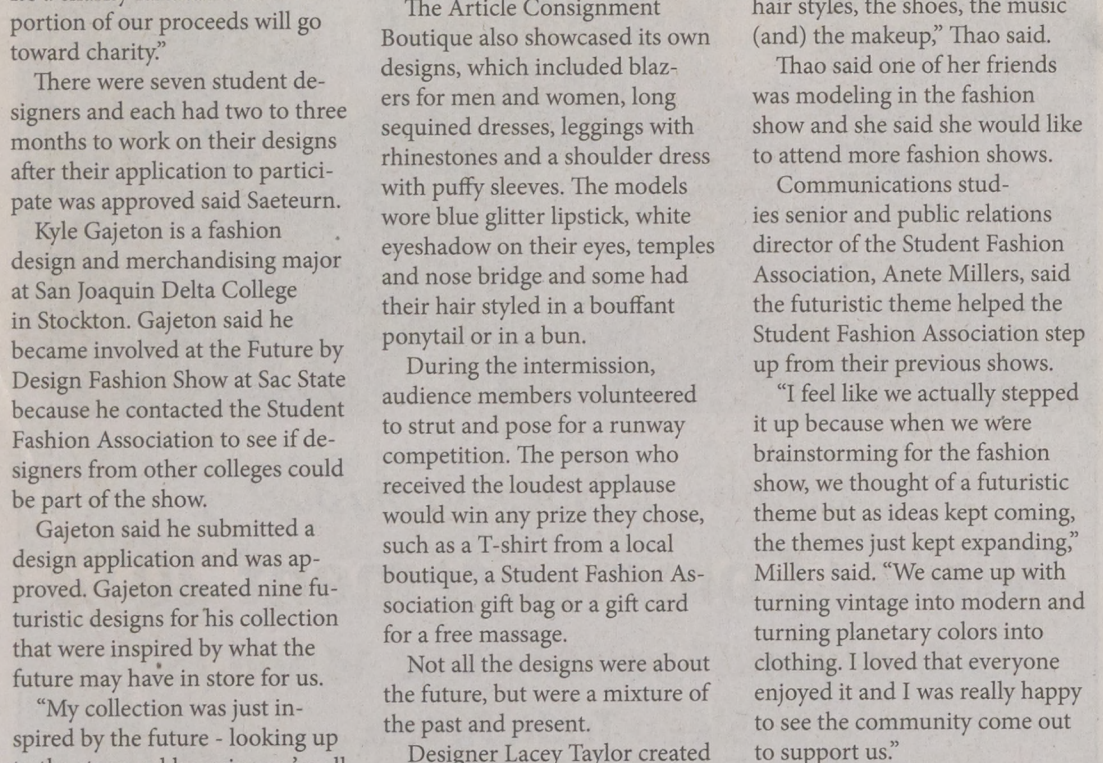
Social work senior Lucy Thao said it was her first time attending a fashion show and she said she liked every designers' fashion.

"I like how they put it together in different ways including the hair styles, the shoes, the music (and) the makeup," Thao said.

Thao said one of her friends was modeling in the fashion show and she said she would like to attend more fashion shows.

Communications studies senior and public relations director of the Student Fashion Association, Anete Millers, said the futuristic theme helped the Student Fashion Association step up from their previous shows.

"I feel like we actually stepped it up because when we were brainstorming for the fashion show, we thought of a futuristic theme but as ideas kept coming, the themes just kept expanding," Millers said. "We came up with turning vintage into modern and turning planetary colors into clothing. I loved that everyone enjoyed it and I was really happy to see the community come out to support us."



Lauren Gaughan - State Hornet

Sac State student Diana Oulrey featured her collection Saturday night at the Future by Design Show in the University Ballroom.

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EDITORIAL

ELECTION RESULTS MEAN A NATION DIVIDED



ROBERT LINGGI - STATE HORNET

There's no problem in stating this was a rough and tumble fight between Barack Obama and Mitt Romney for president. With attack ads on in battle states and emails spammed with endorsements from members of Congress and celebrities, it's easy to finally say goodbye to this election.

No matter who wins this election, the fact of the matter is the election is over. However, this does come with the price of leading a country that has not been so divided since the Civil War.

Looking at the latest polls of which state might be going blue or red, it's almost the same division at the Missouri Compromise.

It doesn't help that each candidate has a different plan to run the country, but that is not the main problem. The main problem is the fight between the Republicans and Democrats.

Helping to bridge the gap and divide us more are the opposite views of each party. A recent Pew research poll came out that compared the responses of declared Democrats and Republicans now and 25 years ago.

In the poll a question of whether the government should take care of people who can't for themselves, 25 years ago 79 percent of democrats agreed and 62 percent of republicans agreed. Even though that seems like a big gap, the poll performed this year has a 35-point gap with Democrats at 75 percent and Republicans at a low 40 percent.

In the same Pew research poll, 25 years ago there was only an 11-point gap between Democrats and Republicans on government regulation on business does more harm than good. However, this year the gap jumped up to 35 points.

The bottom line is this makes it harder for anyone to agree on something for this country. With party lines drawn so far apart, it almost seems as if nothing is going to get done in Washington.

It's also very tight in many other states where Obama or Romney are only one to three points ahead in the polls. So not only can politicians not agree, but the American people are divided as well.

So what does this all mean?

It means this country is going in the wrong direction. In the 2008 election, voting trends were different than in previous years. Obama won states usually won by Republicans. It was like those states - Indiana, Iowa, North Carolina and Virginia - wanted something else. They were willing to have a new direction for the country.

Obama also had about 10 million more votes than McCain, making it about a six-point difference in the polls. That may not seem like a lot, but if projections for this year stay true, it could only be a two-point difference between the candidates.

The other problem this creates is parties trying very hard to disagree with one another. It's like the new thing to do is disagree with the other side so much that it's a crime to even think about it.

It's as though the stylish thing to do is to disagree with someone merely because he or she comes from the opposing political party. We have forgotten that this country was founded on being able to share ideas and think freely; our forefathers would be aghast at how intricately and heavily minor problems are legislated by our policymakers.

Think about the issues and - most importantly - think for yourself. The only thing worse than not having an opinion is having one handed to you.

Being spiritual is like being religious



BY FABIAN GARCIA
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It's pretty common for college students to have no religious affiliation but still claim to be spiritual. These are the atheists and agnostics who don't necessarily believe in God anymore yet yearn for some deeper meaning to life. While religion seems to have faded to the background for many, spirituality is rising as a separate term indicating inner peace and guidance among younger generations. What's funny is that spirituality and religion go hand-in-hand whether people realize it or not.

When you hear the word spiritual, you might imagine palm readings, tarot cards and abstract talk about the metaphysical. According to thefreedictionary.com, it actually means of or relating to God and the nature of the soul. Simply put, spirituality is founded in religion. People who live "spiritual" lives probably have the same morals traditional religions teach and don't even recognize the connection.

The appeal of organized religion is dead for a lot of youths who have distanced themselves from their churches' teachings. Instead, they often try to build their own spirituality.

Undeclared first year Dustin Magalhaes, who was raised by his Mormon mother and atheist father, said he no longer attended church but felt spiritual nonetheless.

"Being spiritual means seeing the world as a cohesive thing. It's finding peace within yourself and conducting yourself according to that," Magalhaes said. "Religion (on the other hand) requires steps to reach a level of spirituality."

Magalhaes is right. Religions tend to be more systematic in their approach to spirituality. Their procedures can be seen as tedious for some people.

Catholicism, for example, requires the Liturgy of the Eucharist followed by the Communion rite in each mass. Its doctrine suggests that completing these steps builds a stronger relationship with the Trinity: The Father, Son and the Holy Spirit.



MCCLATCHY TRIBUNE

This is why a lot of college students leave their childhood religions behind – there are simply too many rules to abide by. At the end of the day, however, where would we be spiritually without initial exposure to religious teachings?

Professor Maria Jaoudi, who specializes in spirituality throughout world religions, thought it would be difficult for someone to be spiritual without some sort of religious foundation.

"There are people who really are spiritual and don't belong to a religious tradition. We would say they're spiritual because of having manifested values. They're good people and they're kind people, so we might think they have a spiritual presence. But often, it's only through a religious tradition that you can be grounded enough to grow that way. In other words, without a religious tradition it's very difficult to do this on your own," Jaoudi said.

Basically, you can't be spiritual out of thin air. Whether you liked your religious upbringing or not, it undeniably served as a basis for who you are today.

It's fine to embrace your own sense of spirituality, but to completely deny the beliefs of a certain religion is hypocritical if your own way of life is based on them to some degree.

Senior accounting and business major Sauvera Ali saw the fine line between spirituality and religion as being much thinner than we imagined. She saw the two ideas as part of a bigger picture: forming a personal relationship with God.

"Islam requires you to pray five times a day and to read scriptures daily. It's a strict set of rules, but the most important thing is the faith and connection you have with God – that one higher power," Ali said. "Spirituality to me is the discipline you have on yourself to follow your religion. To what extent are you willing to acknowledge something more powerful than yourself?"

Although spirituality and religion are sometimes seen as separate, they are really quite related. People should stop throwing the word spiritual around like a Frisbee and understand it's unlikely to be truly spiritual without religion playing a role at one point or another. If you're spiritual, then you're probably religious too.

Instead of making a clear boundary between spiritual and religious, we should interpret them as part of the same thing regardless of how we identify ourselves.

Why waiting for sex is safe for both partners



BY ASHLEY JUNG
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Having gone to Catholic school from kindergarten through 12th grade, I experienced the stereotypical sex education: If you have sex, you will be a sinner and get pregnant and certainly a sexually transmitted disease. Now, being a logical person, I knew this couldn't be true.

I was a "late bloomer" and a junior in high school when I first had sex. My boyfriend and I were both virgins and still used a condom, even though I was already on the Pill. It wasn't the most painful experience, nor the best; but for a first time, it was good. It wasn't really that awkward, no embarrassing stories - just two kids, being each others' first.

A friend of mine was not so lucky.



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She waited until college to have sex - something we all admired. Her boyfriend, however, was a no- good drug dealer who was cheating on her with two other girls, as it turned out. He got her drinking and convinced her a condom was not needed; sure enough he gave her gonorrhea. We later found out he was wanted by the police and lied to her about almost everything, including his name. Good thing we had a health center on campus and she got it all cured.



MCCLATCHY TRIBUNE

The point is, whether you are dating a drug dealer or an out-standing gentleman - wait.

The best dating advice I was ever given, I will pass along to you: Never kiss on the first date. If he asks you to sleep with him by the third date, he's only interested in sex. Take things slow and wait at least two to three months to sleep with him. You will know he's worth it if he sticks around without getting any action.

I can't swear on a stack of Bibles I've always listened to this advice, but the good ones I have dated did wait.

When you meet someone new and are thinking about getting serious, you would prefer a person who can count on two hands how many people they have been with over a person who has had more sexual partners than you have had cups of coffee this semester alone. It's a no brainer.

When it comes to sleeping around, less is more. No matter how it's portrayed in movies, having a lot of experience isn't always best.

Think about it: When you are talking to someone and you find out more people have seen them nude than you have friends on Facebook, it is a pretty big turn off. No one wants to be known as just another person that rode the town bicycle.

When thinking about your own number, a rule of thumb: Are you embarrassed about how high it is and lie that it's lower? If you answered yes, maybe you should stop sleeping around and take up a hobby. If you answered no, good for you. You are probably a solid individual with a good sense of self.

Having sex with someone is a very personal act and chances are the first few times you sleep with a new partner, things will be a little awkward.

You don't need to have many partners to be good in bed - just learn and listen from the one you are with.

The straight truth is no one should judge you for your past. That doesn't mean, however, that they won't. If you are starting something new, be honest. If they truly care about who you are, your number shouldn't matter.

Just know that the more you sleep around and the more people know about it, the lower quality person you will attract. You wouldn't want Kevin Federline when you could have Justin Timberlake.

Volunteers: Not a boring job

Continued | page A1

their multiple-day camping and hiking trips are also covered by Peak Adventures.

"Our main purpose is providing this opportunity for students," Budlong said. "You won't find it anywhere cheaper."

Since some of Peak Adventures' trips take students far into the California and Nevada wilderness, each trip leader is required to go through extensive training to ensure each group member's safety.

Humboldt State University alumna and Peak Adventures trip leader Jessica Tietjen said the long hiring and training process helps filter out applicants who do not meet the requirements of being a trip leader.

"It's kind of a big deal if you slack off (or) if your not pulling your own weight," Tietjen said. "With what you're doing, you are literally holding the life of other people in your hands."

Each trip leader is certified in Wilderness First Aid has gone through at least 100 hours of training, according to the Peak Adventures website.

While trip leaders work to make sure the group gets through their trip safely, they still have plenty of time to enjoy the challenge and beauty of their outdoor adventures.

Pistotti said his most memorable trip was a backpacking trip to the Yosemite Half Dome. While the terrain was physically challenging, Pistotti said he enjoyed the experience because it gave members of his trip a chance to enjoy the beauty of Yosemite.

"For some people it's a once in a lifetime experience that they'll never forget," Pistotti said.

Budlong also enjoys backpacking trips, but said her favorite trip was the Flume Trail mountain biking trip near Lake Tahoe.

"(The) first part is challenging, but it's absolutely beautiful views and downhill the rest of the way," Budlong said.

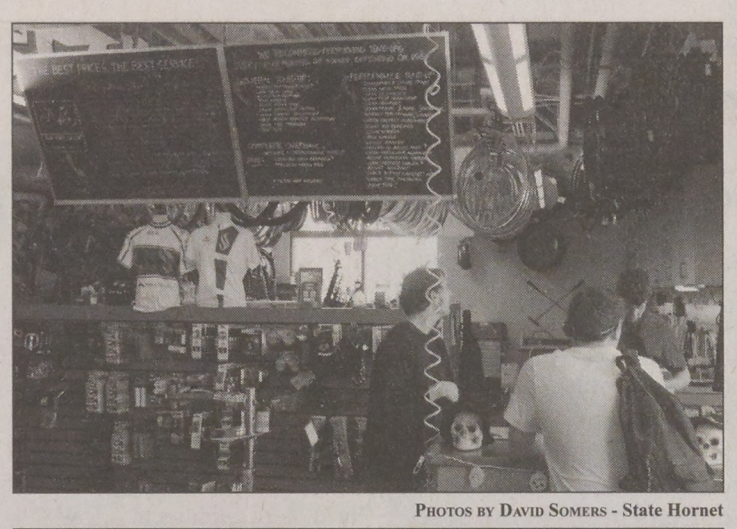
Budlong said even though her group had a wide range of skill levels in mountain biking, each member had the chance to go through the trail at their own pace with plenty of time to enjoy the scenery and take pictures as they rode.

One of the biggest trips of the year, Budlong said, will be the Learn to Ski and Snowboard trip on Dec. 15.

The trip will teach students how to ski or snowboard, and provides equipment, lift tickets and transportation to Boreal Mountain Resort in Truckee for $90, Budlong said.

Although Budlong doesn't lead or attend every trip, she said she still has plenty of opportunities to have fun at Peak Adventures.

"I like that every day is different," Budlong said. "There are adventures to be had both in the wilderness or in the office."



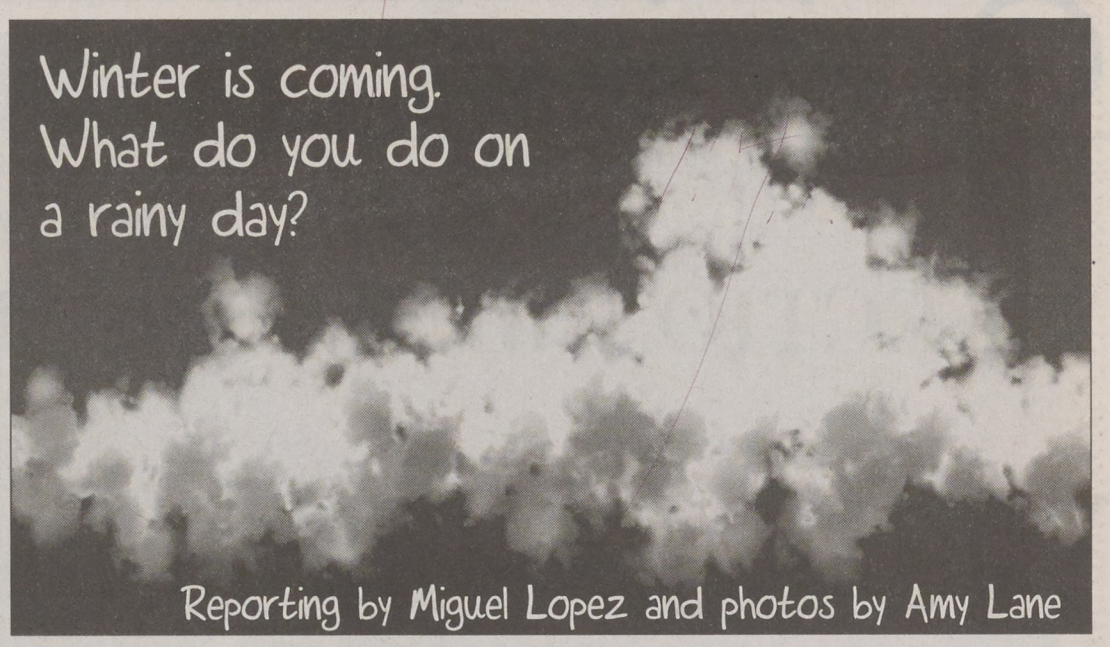


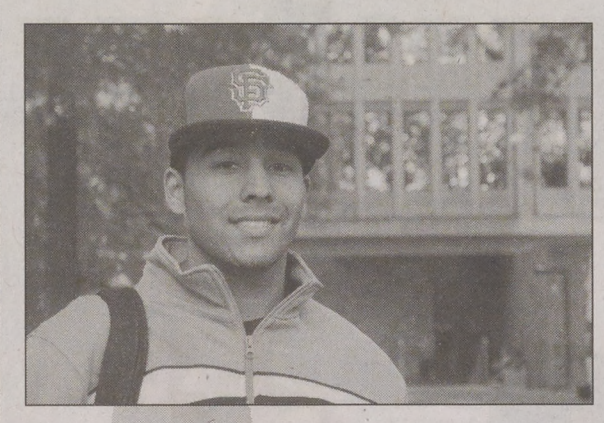
PHOTOS BY DAVID SOMERS - State Hornet

Peak Adventures employees assist a customer in the bike shop on Oct. 30. The program, which consists of associated Sacramento State students, is located at the Well building on campus and offers an array of services.

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Herbert Garcilazo, senior, psychology

"Stay inside, catch up on my homework and maybe practice guitar."

Charlene Bodoc, senior, kinesiology

"I like to take naps on rainy days.."



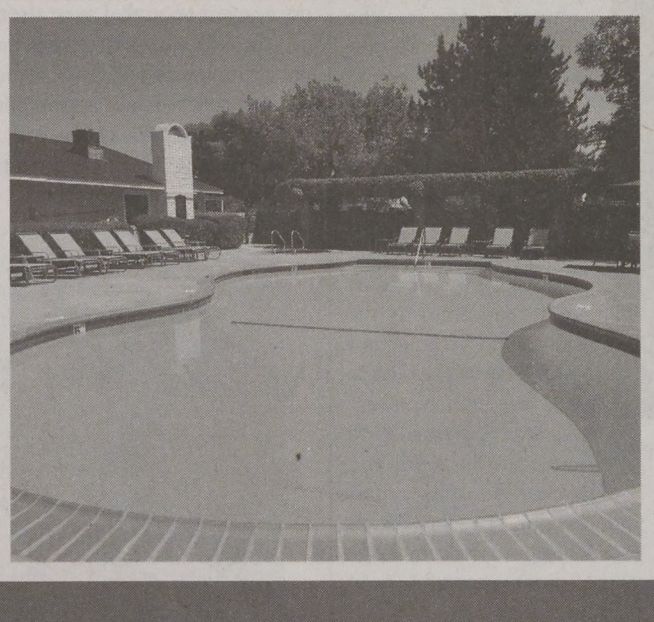


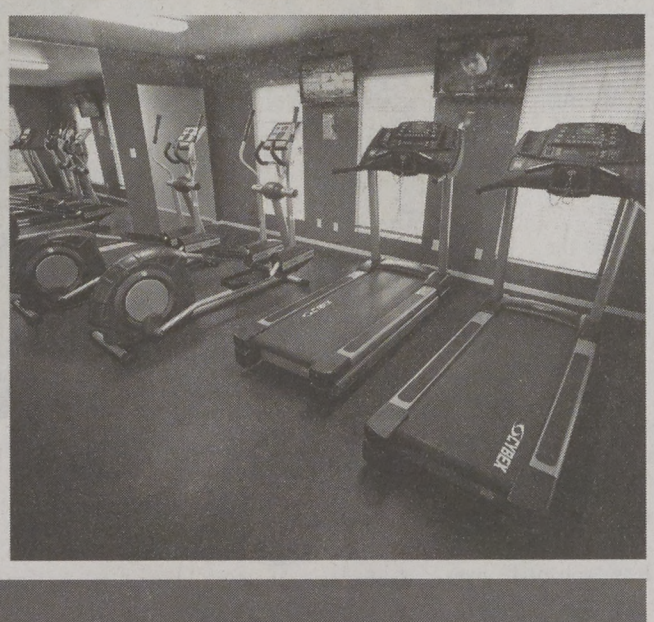
Sinziana Preda, sophomore, biology

"I like playing (volleyball). It's more fun - you get more of a thrill out of it."

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Save money by making sushi at home

By Jacquelin Everhart
jme268@csus.edu
and Alex Mecredy
mecredy@csus.edu



Ronnie Dela Cruz - State Hornet

State Hornet reporters Alex Mecredy and Jacquelin Everhart shop for quality fish at Kp International Market in Rancho Cordova which is located at 10995 Olson Drive.

Let's face it- eating out can make your money disappear fast. We love going out for sushi; however, we do not love the bill we receive after devouring the tasty dish. When we discovered how to make sushi at home, our wallets became a lot thicker.

With these four recipes you can make four sushi rolls for less than $20.

Not a fish eater? No problem. We have made a roll just for you. It has the appearance of a sushi roll without the face of a fish.

There are two different tools we used to shape the sushi into a perfect circular shape - both can be found at a Japanese or Korean market. The first tool we used was a wooden sushi maker. The second tool we used was a bamboo sushi mat.

The wooden sushi block and bamboo mat can be purchased at the same store you get the ingredients. We found ours at Korean Plaza on Olson Drive in Rancho Cordova.

The rice can be homemade as well as store-bought, but we decided to get sticky rice from the Japanese store already cooked. The bags of rice are enormous and can get a bit pricey. Plus, if you purchase the rice to prepare yourself, you must also get rice vinegar, which is what gives it that sticky texture. We purchased all the rice we needed to make four rolls for only $3.50.

Buying the fish can be difficult because it is hard to know which types of fish are safe to eat raw. There are whole pieces of fish that can be purchased in large quantities and cut up. The alternative is to purchase pre-packaged raw fish that comes chopped and marinated. It is less expensive because there is less fish in the packaging, but there was more than enough to make all of the rolls.

Each package of fish was only $3 and the imitation crab was only $1.50. For students on a college budget, pre-packaged fish and rice is the way to go.

Making sushi is simple and extremely fun. The hands-on interaction with the food makes this dish fun to make with friends and family. The best part about making sushi is the creativity you can use when making different rolls.



Ronnie Dela Cruz - State Hornet

Make your rolls meat-free by stuffing them with lots vegetables such as carrots, squash, asparagus, zucchini and tomatoes

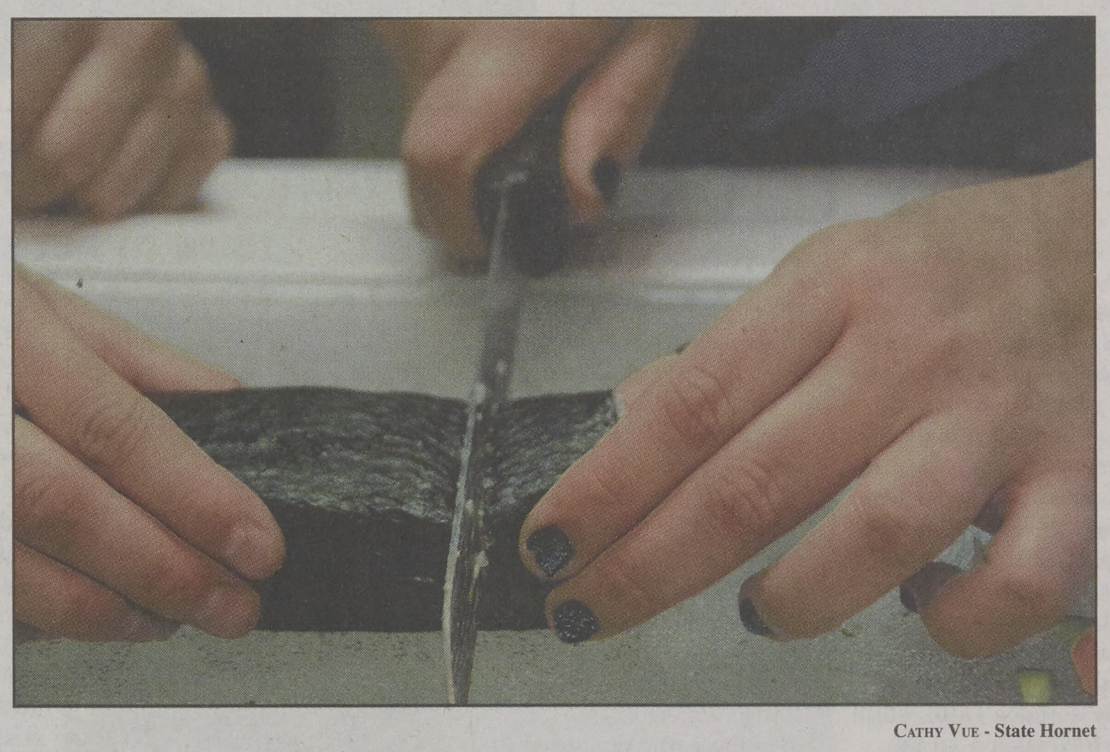


Cathy Vue - State Hornet

The salmon roll consists of seaweed, rice, cucumber, avocado and carrots. Make a tuna roll by simply replacing the salmon in the recipe with tuna.

VEGAN ROLL

1 cup sticky rice
1 sheet of seaweed
1/2 sliced cucumber
1/2 sliced avocado
2 carrots, sliced
Sushi maker or bamboo sushi mat



Cathy Vue - State Hornet

When all of the ingredients are rolled into the seaweed wrap, carefully cut the roll into thick slices with a serrated knife.

To start the vegan roll, slice up the carrots, cucumber and avocado. Any other vegetables can be substituted or added to your liking- we decided to keep it simple. Lay out one sheet of seaweed. Place the wooden block in the center of the seaweed. Inside the wooden block, place a layer of sticky rice.

Top it with the vegetables, spreading them evenly over the rice. Then top the vegetables with another layer of rice. Take the top piece of the wooden block and press it down over the rice and veggies and slide wooden square over top of it all. The top piece of the wooden block may stick to the top layer of sushi.

If the wooden block sticks to the top layer of the sushi, take a butter knife and run hot water over the top of it and slide it in between the wooden top and the sticky rice- it should come right off. Take the seaweed wrap and fold it over the rice, one side at a time. Then, get your fingers damp with water and run your finger over the seam of the seaweed wrap to seal it.

With a serrated knife, cut the roll into pieces, depending on how thick you like your sushi.

Place the pieces on a plate and your vegan roll is ready to eat.

SALMON ROLL

1 cup sticky rice
1 sheet
seaweed
Pre-packaged salmon
1/2 sliced avocado
2 tablespoons cream cheese

TUNA ROLL

Same ingredients for a salmon roll, except replace the salmon with tuna.

CRAB ROLL

1 cup sticky rice
1 sheet seaweed
Pre-packaged imitation crab
½ sliced cucumber

The salmon, tuna and crab imitation rolls are done the exact same way. Instead of only placing vegetables in the center, insert the fish of your choice along with any vegetables desired.

To make sushi with the bamboo mats, lay the sheet of seaweed in the center of the mat. Cover the entire sheet with sticky rice and then place the vegetables and fish in the center.

Roll the seaweed up as tight as possible, using the bamboo mat to help shape the roll. Roll it over several times, each time making the roll tighter. It may help to roll it from different angles ensuring the entire roll is snug. Cut with a serrated knife into pieces and enjoy.

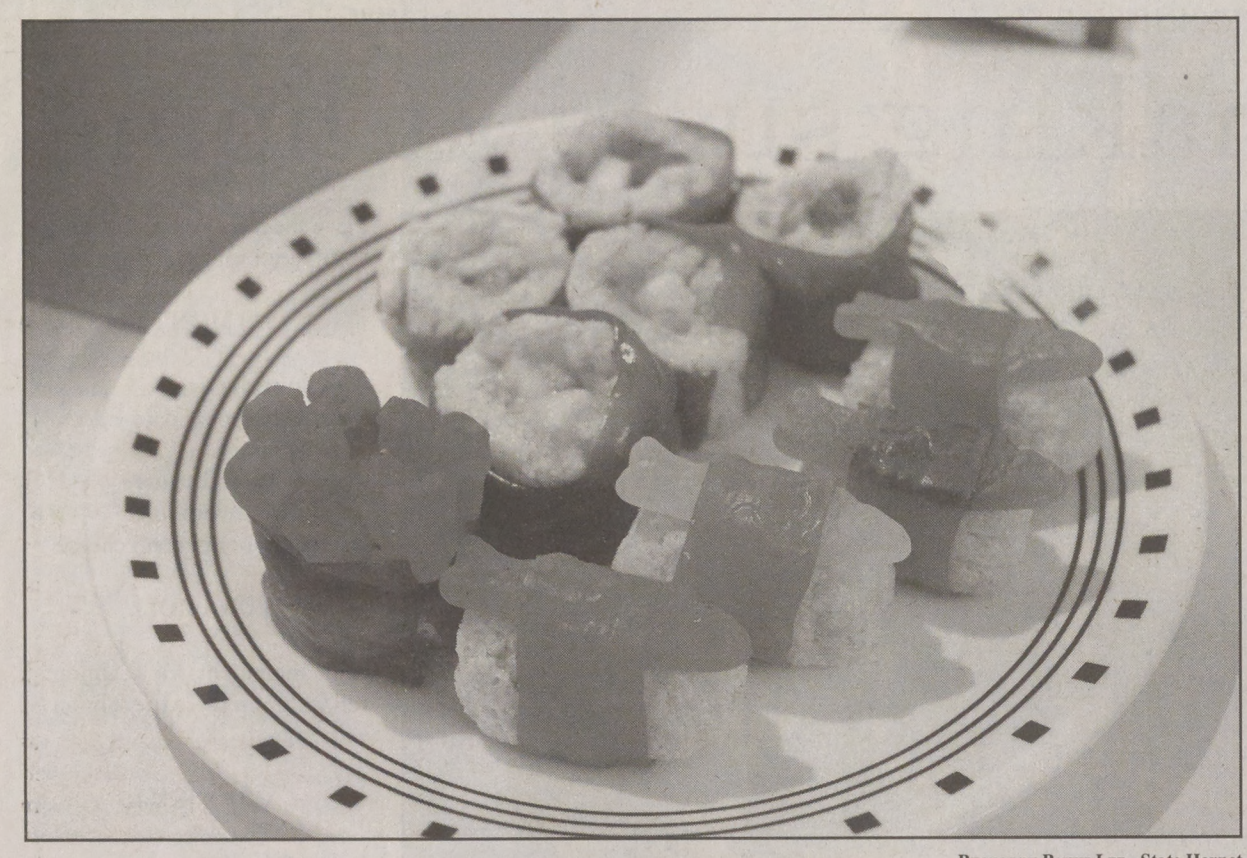
Wasabi and soy sauce can also be purchased for a low price to complete the meal and make a great dipping sauce.

All this made for not only a delicious meal, but the process was fun. It felt like being a kid again because it is okay to get your hands sticky.

Mari Del Angel - State Hornet

Scan this code for more sushi recipes!

Enjoy a bite of sweets with these sushi treats



Photos by Pakue Lee - State Hornet

Use your favorite gummy candies such as Swedish Fish, gummy bears and Fruit by the Foot, to create a delicious treat that replicates the famous sushi dish.

By Miguel Lopez
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and Miguel Razo
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Sushi originated in Southeast Asia where salt water was used to ferment fish, according to Tori Avey of PBS foods. This process preserved them for long periods of time sushi reached Japan in the seventh century, according to the sushi encyclopedia website (www.sushiencyclopedia.com).

The popularity of sushi was then at that time was at a all-time, since sushi wasn't a popular dish among the Chinese who invented it.

Basic original sushi consisted of three simple ingredients: rice, vegetables and raw fish.

Sushi has many variations and turning it into a dessert can be a treat that everyone can enjoy, even people who prefer not to eat raw fish.

RICE KRISPIES SUSHI ROLL

4 individually wrapped Rice Krispies Treats
1 banana
1 cup strawberries sliced
1 Fruit by the Foot
Sprinkles and whipped cream (optional)

Unwrap two Rice Krispies Treats and place them on a sheet of waxed paper. Flatten the Rice Krispies into one large rectangle. The rectangle should be at least one-fourth inch thick or else the Rice Krispies will start to separate once the sushi is rolled.

In a small bowl, prepare the banana and strawberries by dicing them into small pieces.

Spread the fruit mixture onto the Rice Krispies, about one inch away from the edge.

Roll the flattened Rice Krispies upwards and gently press forward until it forms the traditional sushi roll. If you press down, the filling will be pushed out from the side. Try doing this process as carefully as possible.

Press down firmly to seal the candy sushi roll together and apply firm pressure across the roll. This will make sure the roll retains a round and uniform shape when it is rolled up.

Cut the excess Rice Krispies off.

Cut the roll into one inch segments and top each piece with a generous portion of sprinkles. The sprinkles imitate the masago, or fish eggs, seen on many rolls.

To make a more realistic looking candy sushi, wrap each piece with green Fruit by the Foot before adding the sprinkles to imitate the nori, or seaweed, wrapping.

RICE KRISPIES NIGIRI

1 individually wrapped Rice Krispies Treat
1 package gummy bears
1 package Swedish Fish
1 Fruit by the Foot

Unwrap the Rice Krispies Treat and break off a one.

Form the section into a rounded cylinder shape by placing the Rice Krispies into one palm and pressing down with the index and middle finger of the opposite hand.

Place a Swedish Fish on top of the Rice Krispies and press down firmly to combine the two ingredients.

If the candy does not stick, warm a non-greased frying pan on the stove on low heat and place the Swedish Fish on the surface until the bottom starts to melt.

Turn the heat off and place the fish on top of the Rice Krispies mound.

Be sure to keep an eye on the candy, as the sweet treat it could easily burn inside the pan.

Wrap the candy nigiri in green Fruit by the Foot to give it an authentic nigiri look.

For Gunkan style, or seaweed wrapped nigiri, flatten a Rice Krispies treat to one-fourth inch thickness.

Cut the Rice Krispies into a small oval shape and use your hands to flatten the edges.

A bottle cap can also be used to cut the Rice Krispies into the rounded shape.

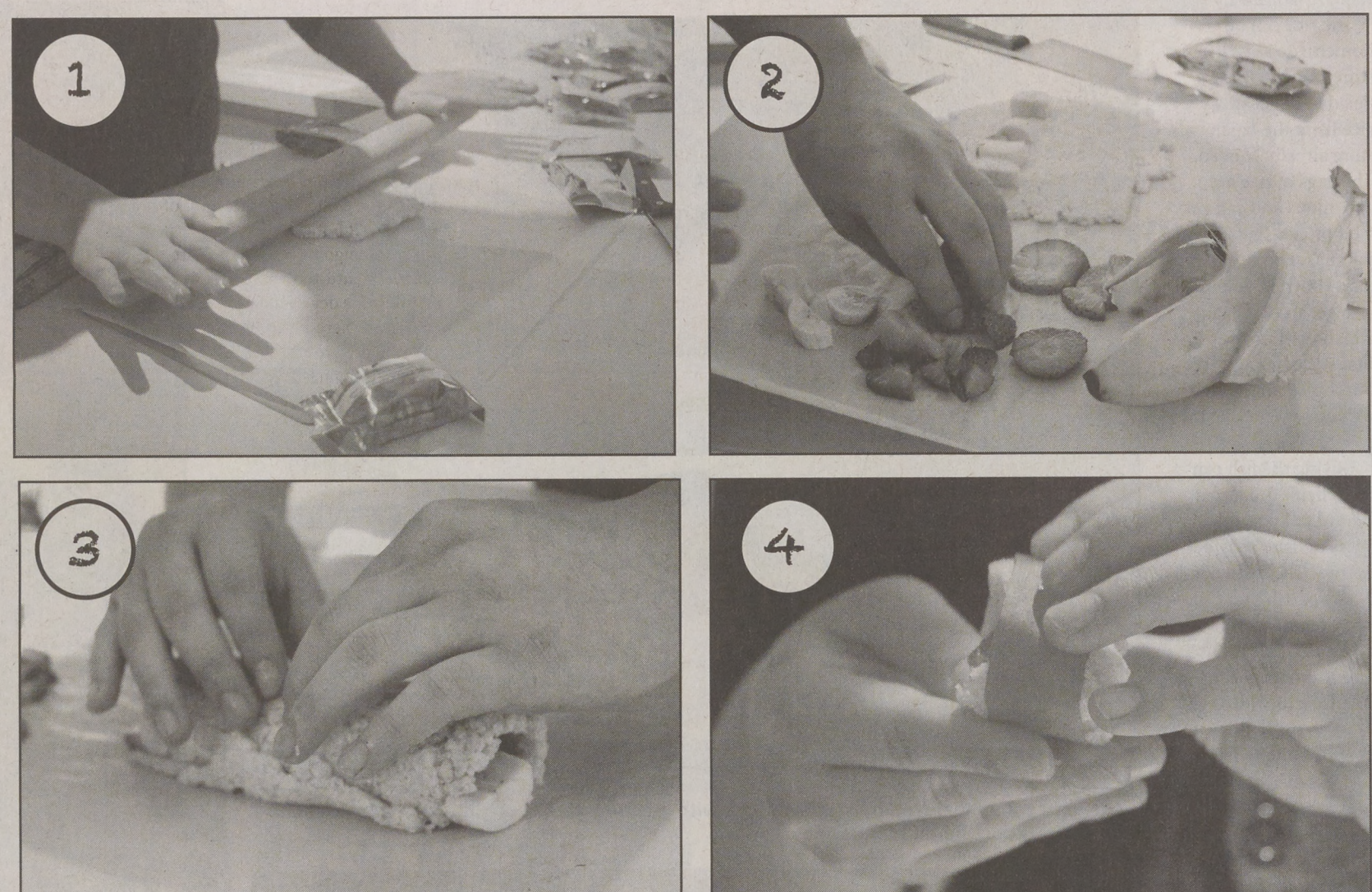
Wrap the edge of the Rice Krispies with green Fruit by the Foot and apply firm pressure to adhere the candies together.

The Rice Krispies mound should only come halfway up the Fruit by the foot. Fill space with gummy bears and apply pressure to combine the bears with the Rice Krispies.

If the gummy bears don't stick, place the gummy bears in a non-greased frying pan on low heat to melt the bottoms of the bears and stick them to the Rice Krispies.

For a more realistic looking Gunkan style nigiri, use only orange gummy bears to make the candy sushi look like a salmon roe nigiri.

Scan this code for the video tutorial!



Sushi restaurants near campus

By Camille Anglo
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and Kaitlin Bruce
kb3757@csus.edu

Sushi is a dish some people grow to like as they grow up into adults. Nothing says "I'm a grown up" like eating raw fish. To some people, eating sushi may seem icky, but to those who praise it find it to be a delightfully, acquired taste. The trick to finding good sushi depends on two things: a decent price and excellent sushi grade fish.

For Sacramento Students, finding a sushi place with a decent price is easier than expected.

ARIGATO SUSHI

Arigato on Howe Avenue is a great spot for sushi among college students for its low pricing, clubby atmosphere and great deals on drinks.

With over 100 rolls to choose from, there is a little something for everyone, such as cooked, non-fishy or more traditional rolls.

The 49er is a very popular roll, filled with cream cheese, tempura shrimp and cucumber, topped with salmon, sauce and a little lemon. The result is a creamy, tangy and crunchy bite - all the flavors you want in a solid sushi roll.

Another fun roll is the Super Mario, which is Arigato's take on the California roll. Underneath, it is a classic - imitation crab, avocado and cucumber - and on top, it's covered in mushrooms. Unfortunately, these mushrooms won't give you a one-up.

HANA TSUBAKI

Hana Tsubaki is a small, charming restaurant with a traditional atmosphere and delicious Japanese cuisine. Located only ten blocks away from Sacramento State, it is a must for students that are looking for more than just sushi rolls.

James Takashiba, the son of the owners of Hana Tsubaki, said the business' longevity is because they've stayed loyal to how they serve their customers: authentic Japanese cuisine.

"We've been open for 34 years, and our food is very traditional, homemade and fresh," Takashiba said.

Although the restaurant is on the pricier side and not the typical college fare, it is well worth it, especially after trying their high quality dishes.

The $22 Chirashi Donburi is a bowl filled with sushi rice and topped with a variety of fresh cuts of sushi-grade fish including salmon, red tuna, yellowtail, octopus, spicy tuna and mackerel. It was a filling dish that had a lot of different flavors and textures, leaving those bellies full and satisfied.

Takashiba said popular non-sushi options include the Japanese Corndog, ($10), which is deep-fried salmon, cream cheese and jalapeños, as well as bento boxes ($13-$16) and udon soup.

The authentic vibe of the restaurant and wonderful cuisine is something to come back for, with so many tasty plates to choose from it's hard not to.

SUSHI HOOK

Sushi Hook, located off of Howe Avenue, has half-priced rolls, but with full-price taste. This little restaurant opened three years ago hoping to appeal to students, open seven days a week until midnight.

Soo Hwan Kim, the manager of the restaurant, ensures that all of his food is very high quality and always tasty.

"We don't cook our fish here, because ours is fresh, not frozen," said Kim. "We have food that is 50 percent off, but a lot of other places with that deal don't compare to ours. We're making full, quality-priced rolls here."

Hwan said student favorites include the Inferno, Red Dragon, and Sunrise roll for their spicy taste and crunchy texture. There is even the Sac State and Hornet roll for those die-hard Hornets out there.

For those who venture only to the fully cooked section of the menu, they also offer excellent dishes served with miso soup, salad and rice - all in heaping portions. Popular items include beef or chicken teriyaki, noodle or rice bowls, and tempura.

As well as delicious food, Sushi Hook has a good selection of Japanese alcohol, such as sake, wine, oyster or scallop shooters, and beer.

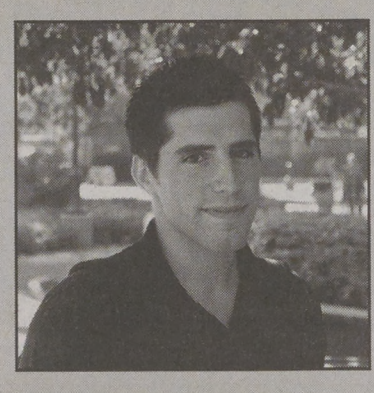
"(Our alcohol) is all very clean-tasting, and from Japan. My favorite beer is the Orion, from Okinawa," Hwan said.

After tasting rolls, nigiri and teriyaki, Sushi Hook got a thumbs up for its friendly service, quality fish and good prices - something you might not get at other half-off sushi restaurants.

Where is your favorite place in town to get sushi?



" I was never really a sushi person then my boyfriend made me go with him because I had never had sushi with him. So I basically ate it to shut him up and ended up loving it." **- Audrey Simister, senior, criminal justice**



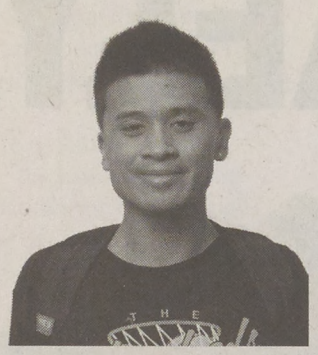
" Samari sushi is my favorite place to go for sushi. It's four exits away from campus and they have good non-sushi stuff there too - like Samari Spaghetti. Plus, I know people there so I get free stuff all the time." - **Jacob Spangler, Senior, speech Pathology**



" I love Tokyo Fro's for sushi. I try different things whenever I go but my go-to roll is the Marilyn Monroll. It has deep fried shrimp, salmon and crab all together in one roll. And I usually get some hot sauce to go with it." **- Karishma Singh, freshman, biology**

Photos by Matt Zarilla - State Hornet
Reporting by Beth Jones - State Hornet

Auto-tune is bad for music



BY CHRISTOPHER LOPEZ
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Auto-tune is an audio processor created in 1997 by Antares Audio Technologies used to alter pitch in audio and instrumental music recording by disguising off-key inaccuracies artists make.

This audio processor has made it easier for artists to succeed in the music industry, but the use of auto-tune is masking terrible singers dependent on technology rather than real talent.

The initial use of auto-tune in mainstream began in 1998 with Cher's release of her song "Believe," which was the first major success of auto-tune.

Cher's producers Mark Taylor and Brian Rawling discovered cranking the auto-tune processor to its highest settings created a distinct robotic tone many mainstream artists have adopted into their music today.

Some artists that have auto-tuned themselves include The Black Eyed Peas, Lil Wayne, Miley Cyrus and Fall Out Boy.

I was initially introduced to auto-tune in my high school years with the release of T-Pain's first hit single "I'm Sprung."

Being the naïve high school student I was, I really enjoyed auto-tuned music until I found out what it really was.

I got curious about what these artists sounded like without it and needless to say I didn't like what I found.

I have likened this experience to nails scraping across a chalkboard or the sound of an 18-car pile-up on I-5.

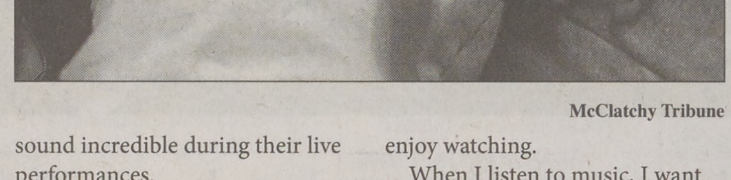
What's to stop me from hiring a hit producer and auto-tuning my voice in order to make a name for myself? Nothing, and it is this easy accessibility that is diluting much of the music industry with trash.

These artists are banking off the use of a machine, as opposed to other artists that have worked their way up from the bottom by the use of their natural talent.

Take an auto-tuned artist like Ke$ha, who is making a name for herself despite admitting she uses auto-tune in her music.

I have looked up several of her performances online, and she sounds horrible without the use of auto-tune, yet her music is selling out stadiums and arenas and doing great with record sales. I just don't understand it.

Compare her to artists that sound incredible during their live performances.



McClatchy Tribune

Two bands that achieve this are Incubus and Linkin Park. Both bands have taken their live performances above and beyond the quality of studio releases. Coincidentally they co-headlined the same performance I attended.

It is that sort of performance quality and talent the music industry is lacking today, and something we desperately need to return to.

Auto-tuned artists need to be put on a reality television singing show and picked apart by a panel of judges for the mediocre performers they really are.

Now that is something I would enjoy watching.

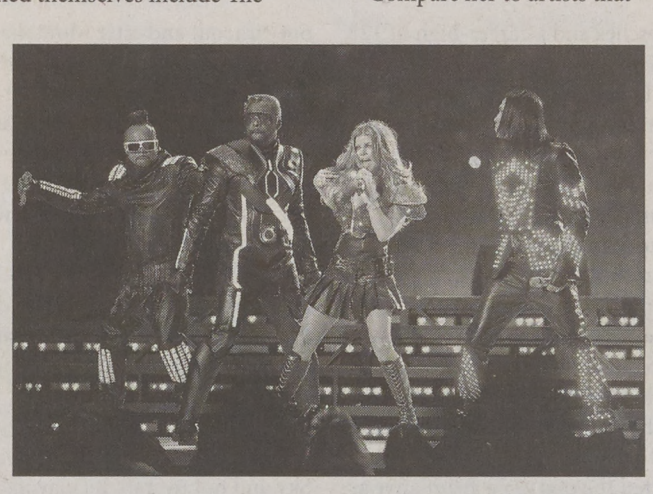
When I listen to music, I want to hear a performer's real voice and not some computer turning his or her terrible voice into something I supposedly want to hear.

I see no reason in paying more than $100 for tickets to listen to an artist's voice filtered to the point of sounding robotic.

And though there are fewer artists using auto-tune than before, and to some degree that is a good thing, but there are still many artists who are profiting.

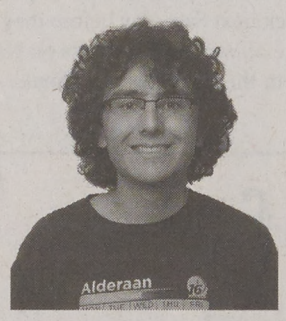
Something needs to be done about these artists, because the quality of their music is laughable.

Until then, I'll patiently wait for the inevitable death of auto-tune.



McClatchy Tribune

LGBT stereotypes present in 'Glee'



BY NICK SCHEUER
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The Fox television series "Glee" is often touted as one of the most inclusive and diverse television shows on the air right now, when that is not true at all. Even though it's regarded as advancing the LGBT cause, the show actually reinforces gay and lesbian stereotypes, which is only exacerbated by its reputation of being diverse.

The main same-sex relationship the writers focus on for a disproportionately large chunk of "Glee's" episodes is between Kurt Hummel and Blaine Anderson, and both characters each hold to a different gay stereotype.

- Kurt is more feminine than most, if not all, of the female characters; some of his female friends even take him into the women's bathroom to clean him up after having a slushie dumped on him. He is also obsessed with fashion, demonstrated by dressing in a very flashy and stereotypically gay manner. In fact, the writers go one step further and have Kurt's career goal change to becoming a fashion designer. He is the only "Glee" character, male or female, with this kind of love for fashion.

While Kurt's boyfriend, Blaine, is not nearly as stereotypically gay as Kurt is, he still sticks to one very derogatory stereotype: He is the only recurring character who has gone to an all-boy's school. To the audience's knowledge, every other boy from that school is not gay, save for Blaine. He is designed to be a stereotype of someone who attends an all-boy's school.

Perhaps the worst stereotype is how Kurt and Blaine's relationship came to fruition. Blaine is the first openly gay guy Kurt has ever met and the two end up getting together and confessing their love for each other by the end of that school year.

Imagine if a man who had never seen a woman before fell in love with the first woman he ever met, and she reciprocated his feelings. It's a completely absurd scenario. This kind of situation is completely unrealistic when applied to a heterosexual couple, yet seems to be perfectly acceptable when applied to a homosexual couple.

What makes "Glee's" stereotypes different from another show's stereotypes, say, ABC's "Modern Family," is that "Glee's" stated mission is to debunk those stereotypes, while "Modern Family" is making fun of the same stereotypes.



McClatchy Tribune

"Glee" over-stereotypes its characters, especially the gay character Kurt by making him more feminine than the other females.

Every single character in "Modern Family" is a sitcom stereotype taken to its logical extreme; the bumbling father, the overbearing mother, the dumb daughter, the nerdy daughter, and the trouble-making son are all there - and that's just in one of the three main families the show follows. Yes, the two gay characters are both blatant stereotypes, yet it works because both characters know they're stereotypes, thus making them the only two self-aware characters in the entire cast.

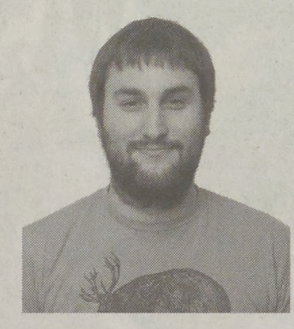
"Modern Family" does not bill itself as a diverse show and the title actually reveals the show's purpose. It is meant to be a tongue-in-cheek reflection of modern American families as if they were viewed through the filter of a network sitcom. Exaggeration is the most powerful tool of parody and, since family sitcoms tend to be filled with stereotypes to begin with, "Modern Family" just takes the logical route.

"Glee's" main problem seems to be that it presents itself as one of the most all-inclusive current television shows and the writers think they can get away with crafting stereotypical characters because they're protected by their show's marketing. However, their ruse could be failing; ratings for "Glee" have dropped considerably between the third and fourth season premiers.

If Fox wants to nip the declining ratings in the bud, the network is going to need to give the current writers some incentive to step up their game, or just recruit an entirely new writing crew to try to reverse the damage.

These blatantly stereotypical characters are unacceptable in a modern television show, especially one that advocates acceptance of everyone, regardless of the demographic they belong to.

THE BUZZING DEAD
Emotionally potent episode

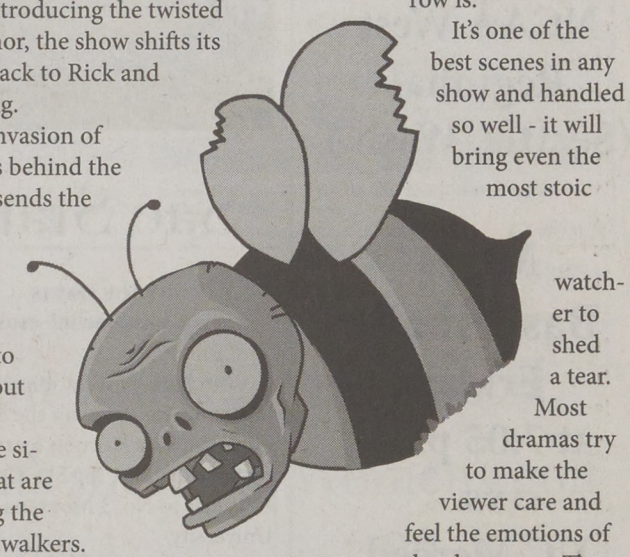


BY NATHAN MENDELOWITZ
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AND CHRISTINE EBALO
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In an episode filled with trying to find a mystery man responsible for letting in zombies, "The Walking Dead" ends on such a high note it stands as the best episode yet.

After spending time previously in the setting of Woodbury introducing the twisted Governor, the show shifts its focus back to Rick and the gang.

An invasion of walkers behind the fences sends the gang into hiding while trying to figure out how to stop the sirens that are alerting the nearby walkers.



ROBERT LINGGI - State Hornet

T-dog, a character who never had much dialogue, bravely sacrificed his life to save Carol when they are cornered by zombies.

Being one of the only characters who is black, he had very limited dialogue in every episode and almost seemed as a token character. It's nice to see his final moments as a heroic character saving someone rather than dying as a lame character.

As the episode draws near, the siren-setting culprit is found and killed by an unlikely ally and all seems well - until Lori begins to go into labor.

The scene is intense and full of moments that will make any viewer tear up. Maggie has to perform a cesarean section since there are complications and with no anesthesia or medication, the scene turns grim.

In a moment, young Carl has to grow up and pull the trigger to prevent another walker from rising and leaves the room showing no emotion. It's hard to watch, but so engaging it's hard not to.

As Maggie and Carl emerge with the baby in arms, Rick's emotions are at a high and the overwhelming sorrow hits him. What makes it great in an odd way is how believable his sorrow is.

It's one of the best scenes in any show and handled so well - it will bring even the most stoic watcher to shed a tear.

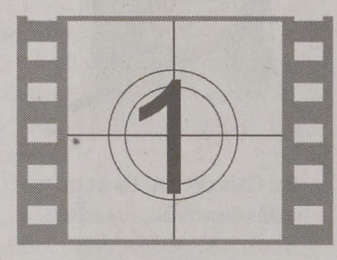
Most dramas try to make the viewer care and feel the emotions of the characters. The final 10 minutes of this episode do it perfectly and make you as the viewer want to try and help Rick.

It will be interesting to see how the sudden loss of his wife will further affect Rick, who was already morphing into a ruthless character. There is also a new baby to worry about, as well as what tricks the Governor is up to. This episode brought jaw-dropping shockers and we can only guess what else this season of "The Walking Dead" has in store.

WE GIVE THIS EPISODE 5 OUT OF 5 ZOMBIE HORNETS



Picks of the week



BY SAMANTHA GALLEGOS
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"Network" is a film from 1976, but despite its age the theme of ruthless media motives still resonates today more than ever. The movie follows Howard Beale, an aging anchorman with falling ratings, who decides to push the limits on broadcast censorship after discovering he's getting fired.

But instead of getting fired, Beale's antics earn him high ratings and he is exploited with a new show and ultimately loses control of his ethics and sanity. The movie takes the idea of corporate media manipulation of television to an extreme, but it's interesting to see how relatable this movie from the 70s is to today's television shows that seem to do anything for ratings. If you want a break from recent films, and are looking for an oldie that isn't dated, "Network" is a great choice.



BY CHRISTINE EBALO
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The Nike Training Club app is like a personal trainer in your pocket. This free app, boasting over 65 custom-built workouts, lets you choose from different workouts, depending on your specific goal and fitness level.

The full-body workouts are 30 or 45 minutes, while the targeted workouts are 15 minutes. Favorite workouts can be saved and added to start your routine. You can set the workouts to tunes from your own music library, and earn rewards to exclusive workouts from celebrities and professional athletes. Each workout contains detailed instructions, such as step-by-step video demonstrations, as well as audio support to keep you focused, making this fitness app extra convenient.

Upcoming Games:

Football:
Nov. 17
at 3 p.m.
@
UC Davis

Women's Volleyball:
Friday
at 6 p.m.
@
Idaho State

Cross Country:
Friday
@
NCAA West Regional
(Seattle, Wash.)

Men's Basketball:
Friday
at 7:05 p.m.
vs.
UC Merced

Women's Basketball:
Friday
at 7 p.m.
@
Long Beach State

PLAYOFFS UNLIKELY



Lauren Gaughan - State Hornet

Sac State's loss on Saturday hurt its chances for postseason

By Joe Davis
josephdavis@saclink.csus.edu

With high expectations comes big let downs, a lesson the Sacramento State Hornets learned on Saturday in a Big Sky Conference loss to No. 3 Montana State University.

The Hornets had been riding an emotional upswing coming off a 35-29 win over then No. 11 Cal Poly, but a crushing 20-17 loss to Montana State brought the team back down to earth.

Montana State came into the game with the Big Sky's best scoring offense and the top rated defense.

"I thought our defense did great at holding one of the top offenses in the country to 20 points," said Sac State head coach Marshall Sperbeck. "Our guys played their tails off and it was a hard fought game between two very good football teams and both teams battled until the end."

In the first half the Hornets struggled to run the ball, but strong plays from the defense kept the team within striking distance.

Senior linebacker Jeff Badger came up with a sack on Montana State's opening possession, forcing a punt. The defense as a whole came up with 5 sacks on the day.

Eventually, Montana State broke through with a 70-yard drive halfway through the first quarter capped off by a 15-yard rushing touchdown by Montana State running back Cody Kirk. Sac State would answer back.

The Hornets added their own 13-play 68-yard drive to open up the scoring with a field goal - making it a 4-point game.

After a Montana State field goal made the score 10-3, Sac State quarterback Garrett Safron marched his team down to tie the game when he hit senior wide receiver T.J. Knowles for a 13-yard touchdown. Knowles had a career-high seven catches.

The game was tied 10-10 at halftime.

In the third quarter, Montana State struck first again with a 44-yard field goal from kicker Rory Perez, but Sac State would return a punch.

Earlier in the game, Safron missed junior wide receiver Morris Norrise twice on what would have been two touchdowns. In the third quarter, Safron found his groove as he hit Norrise for a 76-yard bomb. The deep strike gave Sac State its first lead 17-13.

Norrise finished the game with 5 catches and a career-high of 128 receiving yards in the loss.

"I am going to have to work harder because obviously it was not enough to come up with a win," Norrise said. "Whatever I can do to help the team get a victory I will do. I will work on everything. "

In the fourth quarter, the Montana State rushing attack proved to be too much for the Hornets. Kirk added 49 yards of his 136 rushing yards in the final quarter. With 8:10 left in the game, Kirk visited the end zone again after a two-yard run gave Montana State the late lead 20-17.

On Sac State's final possession, Safron was forced out of the pocket and he threw an interception on Montana State's 35-yard line with less than two minutes on the clock. The Hornets had only one timeout and after Montana State converted a first down the clock could not be stopped.

"They have a great seven-man box so they did really well stopping the run," Safron said. "We decided to take our shots and we just did not execute."

Safron finished the game with 250 yards passing and two touchdowns, but his two interceptions and the two team fumbles turned out to be the difference in this tightly contested battle.

Sac State is now 4-3 in the Big Sky and 6-4 overall. Its playoff hopes are not dashed, but a win against hated rival UC Davis in the Causeway Classic becomes a must have victory now.

The Hornets will have a bye week next Saturday before they face off against UC Davis on Nov. 17 in the regular season finale.

Hornet Statistic Leaders:

Men's Soccer*:
Goals - 5
(Tied - #7 Gabe Silveira and #15 Isaac Ikyurav)
Assists - 4
(Tied - #19 Alex Lopez and #15 Isaac Ikyurav)

Women's Soccer*:
Goals - 4
(Tied - #13 Victoria Ramirez and #11 Elece McBride)
Assists - 3
(Tied - #3 Jordan Carlberg and #13 Victoria Ramirez)

Football:
Passing Yards - 2216
(#12 Garrett Safron)
Rushing yards - 753
(#8 Ezekiel Graham)
Receiving yards - 727
(#13 Morris Norrise)
Total tackles - 100
(#91 Todd Davis)

Volleyball:
Kills - 283
(#3 Janelle Currey)
Digs - 491
(#15 Sydney Kordic)
Blocks - 117
(#2 Olivia Moss)
Assists - 733
(#5 Hannah Hettinga)

Golf:
Men's top score - 214
(Ryan Williams)

Women's top score - 218
(Lisa Persson)

**Final season stats*

Livestrong bands: A tarnished drug icon



By Christine Ebalo
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On Oct. 22, an icon in the sporting world revered by millions for his dominance in cycling as well as his inspiring recovery from cancer came crashing down to earth.

The International Cycling Union stripped Lance Armstrong of his seven consecutive Tour de France titles and banned him for life from the tournament after a report by the U.S. Anti-Doping Agency found "overwhelming evidence" Armstrong was involved in "the most sophisticated, professionalized, and successful doping program that sport has ever seen."

Amidst the fallout from the scandal, the embattled athlete has stepped down as chairman of his Livestrong charity, which funds cancer research and provides support to those affected by cancer. Armstrong established the nonprofit foundation in 1997 after his own battle with cancer. He was diagnosed with testicular cancer that spread to his lungs, abdomen and brain. He was able to beat the disease and won the Tour de France, the most prestigious race in the cycling world, seven times in a row.

Since the scandal, some former Armstrong supporters have stated they want their money back because they do not want to support an athlete who cheated. CNN reported some owners of the iconic yellow Livestrong bracelet have crossed out the letter "V" so the bracelet reads, "Lie Strong."



McClatchy Tribune

Among these former supporters are Connie and Daniel Roddy of Santa Monica. The couple initially donated $50,000, and then raised another $150,000. Now they want their donations returned.

"I feel we were really fooled. We were really hoodwinked," Connie Roddy told CNN.

Armstrong's actions may have tarnished his legacy in sports, but they should not be mixed up with the foundation's efforts to combat cancer. Giving money to Livestrong is not the same thing as supporting an athlete's lies; the foundation's cause has a scope greater than one person and has inspired people throughout the world.

According to the foundation's website, Livestrong has raised nearly $500 million in the fight against cancer since its inception. This was largely in part to the sale of the popular Livestrong bracelets, which reportedly sold 84 million.

The bracelet has been a global symbol of cancer awareness, solidarity in the fight against cancer and perseverance against obstacles.

Armstrong's efforts helped to reduce the stigma surrounding

see **Livestrong**| page B5

Buzz of the Crowd:

Bowl-less format a big disappointment



By Ryan Kuhn
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The opportunity to play in a bowl game at the end of the season is a time-honored tradition in college football.

There are no playoff tournaments like most other college or professional sports; there are just two teams, equally matched, playing one final game on a neutral field during the holiday season.

Sacramento State will never experience this tradition. Why? Because they are in the football championship subdivision, where a 20-team playoff takes the place of bowl games.

While many people use this model as an example of what mainstream college football should adopt, Sac State's storyline this football season has shown otherwise.

If the Hornets defeat UC Davis on Nov. 17, they will tie their most wins since 2000, finishing 7-4. While the school is buzzing about an opportunity to make the playoffs for the first time in school history, it is not guaranteed. Last season only three teams with seven wins made the postseason.

Having bowl games instead of a playoff would not only help more teams reach the postseason, but also help schools gain money, publicity and give senior players a chance to play for something besides a winning season.

Last season there were 35 different bowls in 16 states throughout the country and each school was paid to partake.

Although the Beef 'O' Brady's Bowl in St. Petersburg, Fla. may not sound like a championship quality title, this year the two teams are getting paid $537,500 and the game will be shown on ESPN.

The NCAA should implement the same structure for its FCS teams as the FBS teams and create bowl games. A 20-team tournament sounds great, but a 7-4 team should get something for their effort and determina-

see **Buzz**| page B5

Livestrong: Stripped Tour de France titles taint organization

Continued | page B4

cancer. With his foundation and the ever-present bracelets, cancer became something people could talk about; a visible problem that could be triumphed over.

There is no denying the impact the Lance Armstrong Foundation, one of the nation's leading cancer charities, has made on people's lives. According to its website, the charity has provided financial resources to more than 550 organizations which conduct cancer research or offer services to those affected by cancer.

Charity Watch, which evaluates the work of about 600 charities, placed the foundation among its top-rated charities, a status usually reserved for groups which "generally spend 75 percent or more of their budgets on programs, spend $25 or less to raise $100 in public support (and) do not hold excessive assets in return." In a financial report for last year, 82 percent of every dollar raised went directly to programs, which totaled to $29.3 million.

In triumphing over his disease, making a comeback and empowering those living with cancer, Lance Armstrong gave hope to countless people the world over. It's what makes the doping charges difficult to accept because he was believed to have been a man of integrity as well as determination. However, the cause must be separated from one man's mistakes, for it is too important to back out of.

Whether you still support Armstrong or not, it's indisputable the impact he made and how he changed the way we look at cancer.

Buzz: Bowl games in the FCS a dream for 6-4 Sac State team

Continued | page B4

tion.

Last season 26 FBS schools with seven or less wins played in bowl games, but because Sac State plays in the FCS they might not get to go to a postseason.

Although Sac State football has only finished with two winning seasons in 10 years, this season has been very special, particularly for its seniors. Let them play for something special. They are the ones who deserve a postseason.

The FCS playoffs do not get much publicity as it is, and showing the games on ESPNU with no advertising does not help. If the FCS implements bowl games, cities with football stadiums would get more publicity and allow more advertising if they host games in neutral sites.

The argument between a playoff system and bowl games has been debated since 1998 when the Bowl Championship Series became the deciding factor on who will play for the national championship.

There have been many controversies since the BCS was started, such as teams with undefeated records like Boise State, the University of Utah and the University of Hawaii not getting a chance to play for a championship because their strength of schedule was not as impressive as other teams.

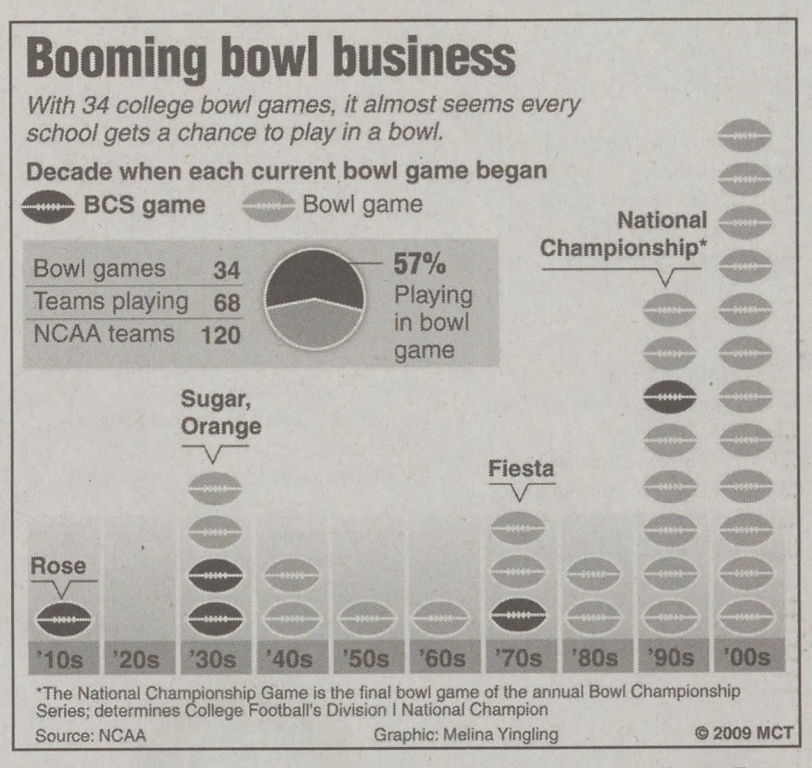
This has caused demands for a playoff system.

While many people say a playoff system gives more teams an opportunity to become national champions, Sac State's football season has been impressive enough to change minds.

Last season, college football's bowl subdivision held 35 bowl games with teams whose records have ranged from a perfect 12-0 to a mere 6-5. Although 70 teams sounds like an abundance, it's a win for everybody.

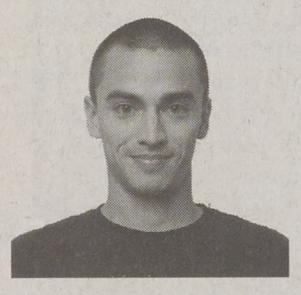
Not only do the fans get to watch 35 games during the holidays, companies make money off of sponsorships, universities make money for participating, and the players get one final hurrah.

Playoffs sound great, but in the end college football needs to stay with their bowls, because one final game might be the only shot a team has to reach its postseason dream.



McClatchy Tribune

What the Heck? Barefoot running shoes a bad idea



By James Heck
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Walk into any sporting-goods store and you will see several displays of running shoes of every size, color, shape and brand.

Some running shoes are designed with gel pockets in the heel to offer exceptional cushioning. Others are designed with stability and motion control in mind for runners who over-pronate – when the foot rolls inward when striking the ground, potentially damaging the feet, ankles, lower legs and lower back.

The new craze on the running shoe market is minimalist shoes, and more specifically, barefoot running shoes. We have all seen that person walking around public with aquatic-looking toe-shoes.

Barefoot running shoes are designed to mimic the attributes of walking or working out barefoot. Besides looking ridiculous, these shoes are supposed to encourage a mid-foot or forefoot strike with each stride.

Because traditional running shoes often contain extra cushion in the heel, runners have a tendency to heel-strike with each stride.

There have been many studies and research with opposing arguments against whether or not the way the foot strikes the ground with each stride can have harmful effects on the body.

Even with the debate on running shoes, some runners decide to run completely natural – barefoot.

I am not a historian, but I assume running barefoot has been around since the beginning of mankind.

Whether or not you are a runner, you have probably at one point run barefoot before, regardless of the distance.

Whether running barefoot on the sand at the beach or through the grass at a park, running barefoot gives us the sense of freedom.

Wearing shoes creates a separation from our bodies and nature – we cannot feel the earth.

Aside from the aesthetic feel, I have also noticed I naturally run on my forefoot when I run barefoot, and when I land on my heel, it hurts.

Despite the opposing viewpoints of the effects of heel-striking, perhaps the studies are onto something.

Although barefoot running is growing in popularity, it is still something the majority of the running community does not engage in.

For starters, if you run barefoot, you are bound to come across different environments and terrains. Glass, sharp rocks, sticks, and thorns do not sound very inviting to the feet. Hot pavement could also cause blisters and pain and cold temperatures could make surfaces slippery.

I have been running for more than 10 years and have only ever seen one barefoot runner. Granted, she was racing on a track, but it still amazed me. I have run very short distances barefoot, but I do not think I would try to run a marathon barefoot.

Although I think the barefoot running and minimalist shoe craze is interesting, I still think it is a fad. It is something unusual in our society, so some people will think it is cool.

For now, I will stick to my running shoes. I do not feel like stepping on a rusty nail any time soon.

Quick game recaps: What you may have missed

Volleyball

Nov. 4

The Sacramento State women's volleyball team fell short on Saturday's game against North Dakota.

After losing a close first set of 22-25, the Hornets came back strong in a second set with a score of 25-11.

The two following sets were not played at the same pace.

Despite junior Kayla Beal's 27 kills and senior Sydney Kordic's 41 digs, the score for both sets ended at 25-16 with North Dakota coming out on top.

Cross country

Nov. 3

The Sacramento State men's cross country team finished second and the women's team finished first Friday at the Doc Adams Invitational at the Putah Creek Reserve course in Davis.

Junior Reesey Byers led the men's team with a third place overall finish in the 8k with 24:08.

On the women's side, Justine Rea finished first for the Hornets and third overall in the 6k course with a time of 21:05.

Men's soccer

Nov. 3

The Sacramento State men's soccer team lost Friday 2-1 to Big West Conference opponent UC Davis at Aggie Field.

The Hornets (8-8-2, 5-4-1 Big West) headed into the game tied with Cal Poly (11-6-1, 6-3-1 Big West) in the Big West with 16 points. Sac State's loss to Davis resulted in zero points, and Cal Poly's victory against UC Santa Barbara earned three points, which put an end to the Hornets' season and will exclude them from the Big West Tournament.

Women's golf

Oct. 31

Sacramento State women's golf finished the Rainbow Wahine Invitational on Wednesday ninth out 12 teams with a combined total score of 72 over par, 316-310-310.

Junior Lisa Persson led the Hornets in scoring during the invitational. Persson finished the tournament solo in 32nd place shooting a 15 over par 231, 75-75-81. The junior grabbed six birdies, 15 bogeys and three double-bogeys.

College basketball creates opportunities for smaller schools to make big upsets with fair tournament style

By Joe Davis
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Looking back at what are considered the greatest moments in college athletics, you might find none of them belong to Sacramento State.

From Christian Laettner hitting an improbable last-second shot against University of Kentucky to win the NCAA Tournament for Duke University to University of California Berkeley's spectacular kickoff return for a touchdown while running over the Stanford band to win the game in 1982, these moments are forever etched in the minds of fans everywhere.

The memory of great victories in the NCAA gives schools legendary statuses and sports fans and media types worship the elite.

Sac State does not command national media attention. Many students did not grow up watching Sac State sports on TV as outlets like ESPN counted down the greatest championship moments of all time. Even without all the historical prestige of Cal, Stanford, Duke or North Carolina, Sac State should be viewed as equal.

It used to be mid-major universities like Sac State were looked upon as sort of a little brother when it came to athletics. Larger collegiate programs would, and still do, schedule these mid-majors in the early portion of the season. The games were considered tune-ups before the "real" competition.

The days of looking up to big brother have met their demise. The formerly less important teams have come to stake their claim in the history books of major collegiate athletics.

"People ask me all the time what my favorite college team is," men's basketball head coach Brian Katz said. "I tell them it is Sac State, then they ask what my real favorite college team is, as if Sac State does not have any legitimate teams."

Sac State football has proven for two consecutive seasons the small guy can pack a hell of a punch. It has upset the supposed better, stronger, faster team from the alleged more dominant conference twice now.

Sac State basketball has an even better opportunity to shine on the big stage.

Sac State men's basketball is a Division I team. It is considered to be on the same competitive level as the NCAA's most storied basketball programs.

With all things being equal, Sac State is still viewed as an underdog.

"We just have not won enough," Katz said. "We need to win more for the school to be to be noticed."

Winning is the key to everything. If the Hornets win the Big Sky Conference they will secure a spot in the NCAA tournament. Of course, since Sac State plays in a small conference it will be seeded extremely low. The lower the seeding, the tougher the opponent is supposed to be, but it has not mattered as of much late.

In recent seasons, mid-major schools similar to Sac State have knocked off highly rated programs during March Madness. Last season 15-seed Lehigh dropped 2-seed, and perennial powerhouse, Duke in the first round of the NCAA tournament.

"All those seeds and rankings do not matter at the end of the day," Katz said. "It is still basketball with a hoop and a ball."

Nowadays with sports becoming more and more accessible, as well as profitable, talent is spread out more in college basketball.

At the Kentuckys of the world, freshmen are shuffled in, stay for a season and are shuffled out to the NBA. However, Sac State has the ability to bring in players and coach them up to four or five years.

What a small university sports team lacks in raw talent and natural physical ability, it makes up for in developed skills and experience.

In the end all roads meet at the same place. The NCAA tournament is the great equalizer. If and when the Hornets make it to the greatest tournament in sports they will have no need to show fear.

The big time and big money does not always win big games. Sac State and schools like it can rely on the unshakable confidence that comes with veteran experience. It can also keep in mind the game is the same no matter whom the team is playing.

Put the ball in the hole.



McClatchy Tribune

Last March, No. 15 Norfolk State upset the No. 2 ranked Missouri 86-84 in the second round of the NCAA tournament. Eight other teams upset their high-ranked opponent in the same round.

Check out full recaps online at statehornet.com





NECESSARY ROUGHNESS

What is the biggest college sports rivalry?



By Joe Davis
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The Army-Navy football battle is the biggest rivalry in college sports.

The clash between the Naval Academy and West Point cadets has been ongoing for 122 years.

The Midshipmen have seven more wins in the series which stands at 56-49-7.

The reasons for the intensity behind the rivalry are more than longevity.

For senior Midshipmen and Cadets, the game is played like it will be their last because most likely it will be. These men will be leading troops in combat rather than heading into a professional football career.

A core characteristic of a military service member is pride. These men take pride in the branch they represent, how they perform and - most of all - victory.

Most of the players participating in the Army-Navy rivalry do not end up going to the NFL. The future heroes are playing for the respect of their country and their branch.

Even in times of war in a combat zone troops find time to gather around the TV to watch this game. I have seen fights nearly breakout between service members as games get tight.

History has been made in this intense clash.

The Army-Navy game featured the first football helmet. In 1893, Joseph Mason Reeves wore a leather cap created by a shoemaker after Reeves was warned by a doctor another blow to the head would make the seaman Reeves crazy.

There is no doubt the much tougher Army cadet would knock a Navy midshipman loopy with ease.

Go Army, beat Navy.



By Ryan Kuhn
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Some teams just despise each other whether it is because they live in the same city, state, or just want revenge from hard fought loss that changed the direction of their season.

There are many great rivalries all over the country, ranging from the oldest on the East Coast with Harvard and Yale to the Bay Area's favorite "Big Game" between Cal and Stanford, but one rivalry has been overlooked.

The Civil War football game between the Oregon Ducks and the Oregon State Beavers has been played for 118 years with Oregon leading the series, 49-36-10.

Although the Ducks have won the last four meetings, the rivalry has been competitive. Both teams have denied the opposing school a trip to the Rose Bowl.

This season, the Civil War will not only have Rose Bowl implications, but national championship implications as well. Right now the No. 2 Ducks are undefeated, but a loss could easily crush their hopes of a second national title game in three seasons.

The Beavers are not a whole lot worse. They stand at 7-1 and rank at No. 13. Both teams are a part of the best in the nation and the matchup will be a close one.



By Clifton Jones
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USC-UCLA has to be my vote because as a kid who grew up in Southern California, my family was split on the teams. One side would be for UCLA and the other side would be for USC. My personal choice was to root for UCLA.

Imagine two marching bands fighting in a game of flag football. One of the pre-game activities before the big game was the "Band Bowl" lasting 50 years from 1950-2000. The Band Bowl was disbanded after 2000 because of a fight that broke out during the game between the two teams of bands and the stealing of instruments. The trophy for the event was also stolen and remains at large to this day.

This year, UCLA is redefined under the new head coach Jim Mora. But USC has dominated the all time series, 46-28-7. But USC had to forfeit games in the 2004-2005 seasons - especially in the national championship games - because of Reggie Bush being ruled ineligible after the NCAA ruled the recruiting of Bush a violation.

The "Game of the Century" is the 1967 conference championship game between the 4th ranked Trojans with O.J. Simpson and the 1st ranked Bruins with Gary Beban. Beban and Simpson at the time were Heisman candidates; USC pulled off the win by one point 21-20.

Overall, I think the So-Cal rivalry between these two teams are the best in college.

VS. VS. VS.

Images from McClatchy Tribune

